AUSTRALIAN

diabetic LIVING

MOVE FOR YOUR MOOD

HOW TO MAKE
LOWER CARB
WORK FOR YOU!

PLUS

TYPE 2 REMISSION
Yes, it's possible

INSULIN AND TYPE 2
What you need to know

ASPARAGUS, SPINACH & PEA FRITTATA WITH CRISPY CHORIZO
See page 28

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✓ BUDGET FRIENDLY CHRISTMAS LUNCH

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Cathy Freeman

LIVING WITH TYPE 2 DIABETES & GOLD MEDAL OLYMPIAN

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*When used as a breakfast replacement as part of lifestyle modification, blood glucose was within the target glucose range of 3.9 - 10.0mmol/L for an average of 89.5% of the time in people with diabetes. The study utilised a previous Glucerna formulation.

Reference: 1. Peng, J., *et al. Br J Nutr* 2019; 121(5):560-566.

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IMMEDIATE MEDIA

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THE TEAM
Editor ALIX DAVIS
Art Director DANIA WARMERDAM
Content Producer ERIN ROBERTS
Food Editor ALISON ROBERTS
Dietitian SHANNON LAVERY

ADVERTISING & MARKETING
Commercial Brand Manager ANGE CROTTY
Ange.Crotty@aremedia.com.au
Head of Consumer Marketing LOUISE CANKETT

PRODUCTION
Production Manager DANIELLA KALACH
Ad Controller DOMINIC ROY

ARE MEDIA GROUP
Chief Executive Officer JANE HUXLEY
Director of Sales ANDREW COOK
Director of Content SALLY EAGLE

DOTDASH MEREDITH CORP.
Vice President/Business Affairs
TOM ROWLAND
Executive Director, Licensing Operations
PAUL ORDONEZ
Senior Director, Business Development
WENDY ZHANG

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OUR EXPERTS

Dr Kate Marsh
Dietitian & diabetes educator
Kate, who has type 1, is in private practice in Sydney; drkatemarsh.com.au

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre; mendpsychology.com.au

Elissa Renouf
Type 1 parent
Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman
Diabetes educator
Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen
Podiatrist
Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg
Exercise physiologist & diabetes educator
Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay
Endocrinologist & bariatric physician
Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

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You can feel it in the air

I love the change of seasons. Where I live, it's quite dramatic - dark, frosty mornings have given way to warmer temps and earlier starts. The days are sunny and the promise of long, summer evenings is not too far away. With the change of seasons comes an opportunity for a reset - especially at dinner time. Gone is my craving for comfort food, replaced with a desire for lighter meals that are full of fresh flavours. You'll find plenty of those in this issue, along with some super savers for Christmas lunch to help you start planning.

The ability to put type 2 diabetes into remission is a constant topic of interest and a new study from the Baker Institute takes a look at what remission really means and whether it's possible. Turn to page 100 for a fascinating read. Another interesting piece of research is Dr Kate Marsh's feature on the early detection of type 1 diabetes and the positive health implications this could have. It's on page 112 if you'd like to find out more.

This month's My Story features Amanda Nielsen (p 122) who ignored her prediabetes for six years before finally deciding to take action - she's never looking back! Is this a season of change for you? We'd love to hear about it!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

diabeticliving@aremedia.com.au

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

PHOTOGRAPHY IMMEDIATE MEDIA AND GETTYIMAGES

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES; ADOBE STOCK

TYPE 1 & TYPE 2...
What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

IN 2020, TYPE 1 DIABETES COST

$2.9 BILLION

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone
About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

YOUR healthy life

The latest global diabetes news

A SPOONFUL OF honey

Makes your yoghurt even healthier! That's according to new research out of the US which shows adding a spoonful of honey to a serving of Greek yoghurt helps the beneficial probiotic bacteria present in the dairy food survive the digestion process. This is key given probiotics can only deliver health benefits if they reach the gut alive. "The enzymes in our mouth, stomach and intestines help with digestion and facilitate nutrient absorption but they also reduce the viability of microbes," says co-author of the research, Hanna Holscher from the University of Illinois Urbana-Champaign. "That's great when it's pathogens but not necessarily when it comes to beneficial bacteria. We found that one tablespoon of honey in a serving of yoghurt helps support probiotic survival."

Exercising too late in the day has traditionally been thought of as a negative when it comes to getting a good night's sleep, but a recent University of Otago study suggests the opposite. "We know higher levels of physical activity during the day promotes better sleep, but current sleep recommendations discourage high-intensity exercise before bed because it can increase body temperature and heart rate resulting in poor sleep quality," says primary investigator, Dr Meredith Peddie. For the study, participants were asked to do two or three minutes of exercise, including chair squats and calf raises, for every 30-minutes spent sitting after dinner. It resulted in getting an extra half hour of sleep that night. "From what we know from other studies, you could probably get a similar effect if you walked around your house, marched on the spot or even danced in your living room – the most important thing is that you get out of your chair regularly and move your body."

Volunteering is a good idea all-year-round but to celebrate International Volunteer Day on Thursday, 5 December, why not get involved in some festive season volunteering this Christmas? It's not only an opportunity to help others in need, volunteering can deliver numerous health benefits for you, too. Plus, with surveys showing that one in three Australians feel isolated and lonely at this time of year, volunteering could be just the ticket to feel more connected. A good way to find volunteering opportunities is via online platforms, such as govolunteer.com.au. You can filter your search based on your location, availability and even with keywords, like 'Christmas' or 'festive'.

Q: I have 'tweenage' grandchildren and my daughter and I really want them to develop a love of cooking healthy, nutritious meals. How can we help them enjoy cooking and understand why healthy food is important, without it sounding like a boring lecture?

Dr Marsh says: It's fantastic that you're interested in encouraging your grandchildren's enjoyment of healthy food and cooking. Here are a few ideas that might help you and your daughter:

- Encourage them to shop and cook with you. This provides them with hands-on experience and can be an enjoyable way to spend time together. Ask them to plan the menu, choose recipes and visit your local farmers' market together to pick out fresh ingredients.
- Turn cooking into a fun activity rather than a chore. Consider having a theme night (e.g. meat-free Monday or taco Tuesday), try experimenting with different cuisines or make their favourite takeaway meals from scratch.
- Be a good role model. Children learn about food choices from the adults around them, so it's important they see you eating and enjoying healthy meals. They're also more likely to make healthy food choices when they are part of your usual family meals.
- Prioritise eating together as a family as often as possible and make mealtimes pleasant and relaxed. Even if it isn't possible every night due to conflicting schedules, try to share a meal at least a few times per week.

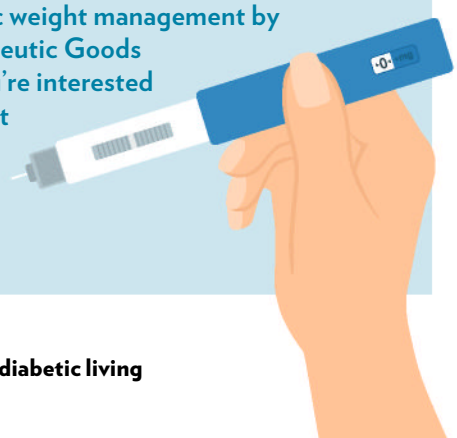
Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

SKIP THE DIP this season

According to new research it's a simple way to keep an eye on your kilojoule intake when Christmas gatherings are in full swing. Investigating how eating behaviour changes, the study discovered that people consume 77 per cent more kilojoules – and eat more quickly, too – when they choose to eat chips and dip together, compared to just the chips, no dip. "The most striking findings of our study is that people didn't eat fewer chips when dip was available – they ate the same amount of chips, plus the dip," says the study's corresponding author, Professor John Hayes, from Penn State Sensory Evaluation Centre. "This lack of compensation means that adding dip to chips can substantially increase overall energy intake without people realising it."

WEGOVY IS (FINALLY!) MAKING WAVES IN AUSTRALIA

Thanks to type 2 diabetes treatment Ozempic being prescribed off-label for weight loss, Australia has experienced a shortage of the drug since mid-2022. But in August, a potential solution was finally put on the table, when a drug called Wegovy that's been available for some time overseas, was officially launched in Australia. Containing the same active ingredient as Ozempic, the difference is Wegovy is specifically approved for chronic weight management by Australia's Therapeutic Goods Administration. If you're interested in learning more about semaglutide products, including Ozempic and Wegovy, speak to your doctor.

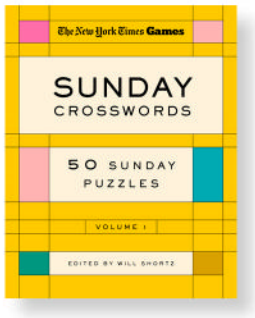


The Mindful Mocktail
By Natalie Battaglia
Page Street Publishing, $44.99

Just in time for the festive season, shake it up with nourishing, non-alcoholic drinks filled to the brim with flavour! With more than 60 easy recipes, this book features modern mocktails made from everyday ingredients that are nutrient-dense, low in refined sugar and nutritionist approved – perfect for joining in the celebration while still prioritising your health and wellbeing!

Building strong muscles doesn't have to hurt

Think the only way to build strength is to push yourself to the point of failure, so that you physically can't do another rep when you're lifting weights or doing bodyweight exercises? Not so fast. New research from Florida Atlantic University shows that while that strategy is key for people who want visibly bigger muscles, it doesn't matter as much for building strength. So, if you want stronger rather than bigger muscles, work towards lifting heavier weights over time, always stopping about 3-5 reps short of muscle failure during each workout.



Sunday Crosswords
By Will Shortz
Griffin, $22.99

While away the Christmas holidays with 50 of the best, most clever puzzles from the crossword editor of The New York Times. Each crossword features smart, fresh vocabulary and a fun theme, all presented in a spiral-bound book for convenient lay-flat solving. Whether you're keen to unwind or want to use your break as a reset, this volume is sure to help.

SAVE THE DATE

World Diabetes Day (WDD) is happening on Thursday, 14 December. Created in 1991, WDD is the world's largest diabetes awareness campaign and the theme for the next three years is 'diabetes and wellbeing'. To find out more, including how to get involved if you want to help make a difference, head to diabetesaustralia.com.au or worlddiabetesday.org.

Q: I was diagnosed with type 2 recently and have leapt headfirst into learning about it and making lifestyle changes. It's been all-consuming and a bit overwhelming and I think my partner is sick of hearing me talk about it, which is making me resent them. How can I manage my frustration around feeling unsupported?

Dr Clarke says: It sounds like you're taking a very proactive stance to your recent diagnosis. However, if you're feeling consumed and overwhelmed by all you are doing, then consider moving at a more sustainable pace. Remember, knowledge is only powerful if it empowers us to take important action. If you are feeling confused, stressed or disempowered by your learning, and pressured to make changes immediately, then striking a more workable balance between education and self-care might help.

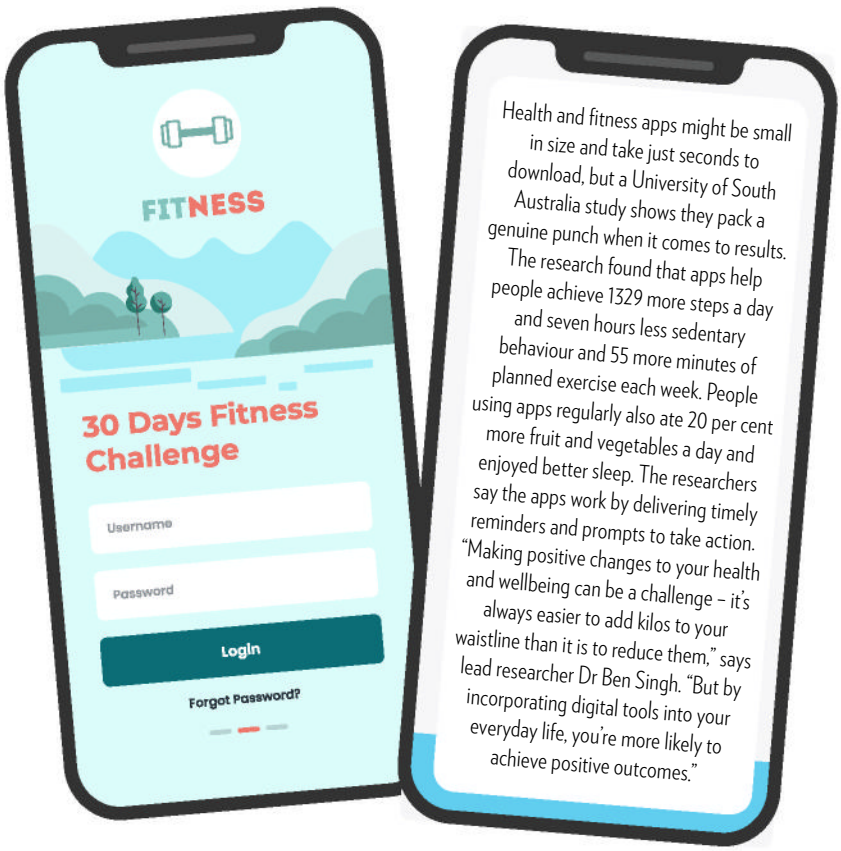
It's helpful to seek the support of loved ones during tough times, and there's a lot you can do if you sense your partner is weary of listening. For example, you can gently share your experience with them, reminding them how much you value their support. You might set limits around when and where you raise issues with your partner, so that you're both able to focus on other aspects of your relationship. You might be clearer about what you need from your partner, so they know how to be helpful. Lastly, identifying some alternative sources of support will help to release some of the pressure, leaving you both feeling less frustrated and resentful of each other.

Dr Janine Clarke, psychologist

CAN FRUIT AFFECT YOUR FEELINGS?

The answer is yes, according to a large Singapore cohort study, which found that boosting how much fruit you eat in midlife can protect against the 'late-life blues'. Specifically, the study found that eating at least three serves of fruit a day reduced the likelihood of ageing-related depression by at least 21 per cent compared to eating less than one serving a day. While consumption of vegetables provides plenty of other health perks, this research found it was eating plenty of fruit that delivered mental health benefits, likely because they contain high levels of antioxidants and anti-inflammatory micronutrients that may affect the development of depression.

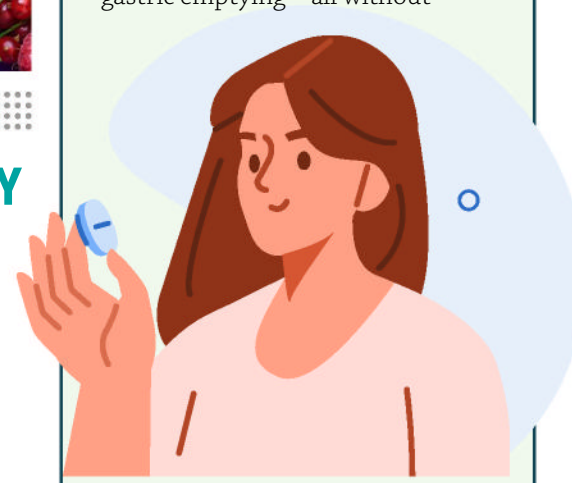
AN APP A DAY KEEPS THE DOCTOR AWAY



Health and fitness apps might be small in size and take just seconds to download, but a University of South Australia study shows they pack a genuine punch when it comes to results. The research found that apps help people achieve 1329 more steps a day and seven hours less sedentary behaviour and 55 more minutes of planned exercise each week. People using apps regularly also ate 20 per cent more fruit and vegetables a day and enjoyed better sleep. The researchers say the apps work by delivering timely reminders and prompts to take action. "Making positive changes to your health and wellbeing can be a challenge – it's always easier to add kilos to your waistline than it is to reduce them," says lead researcher Dr Ben Singh. "But by incorporating digital tools into your everyday life, you're more likely to achieve positive outcomes."

COULD THERE BE A BETTER WAY TO TAKE METFORMIN?

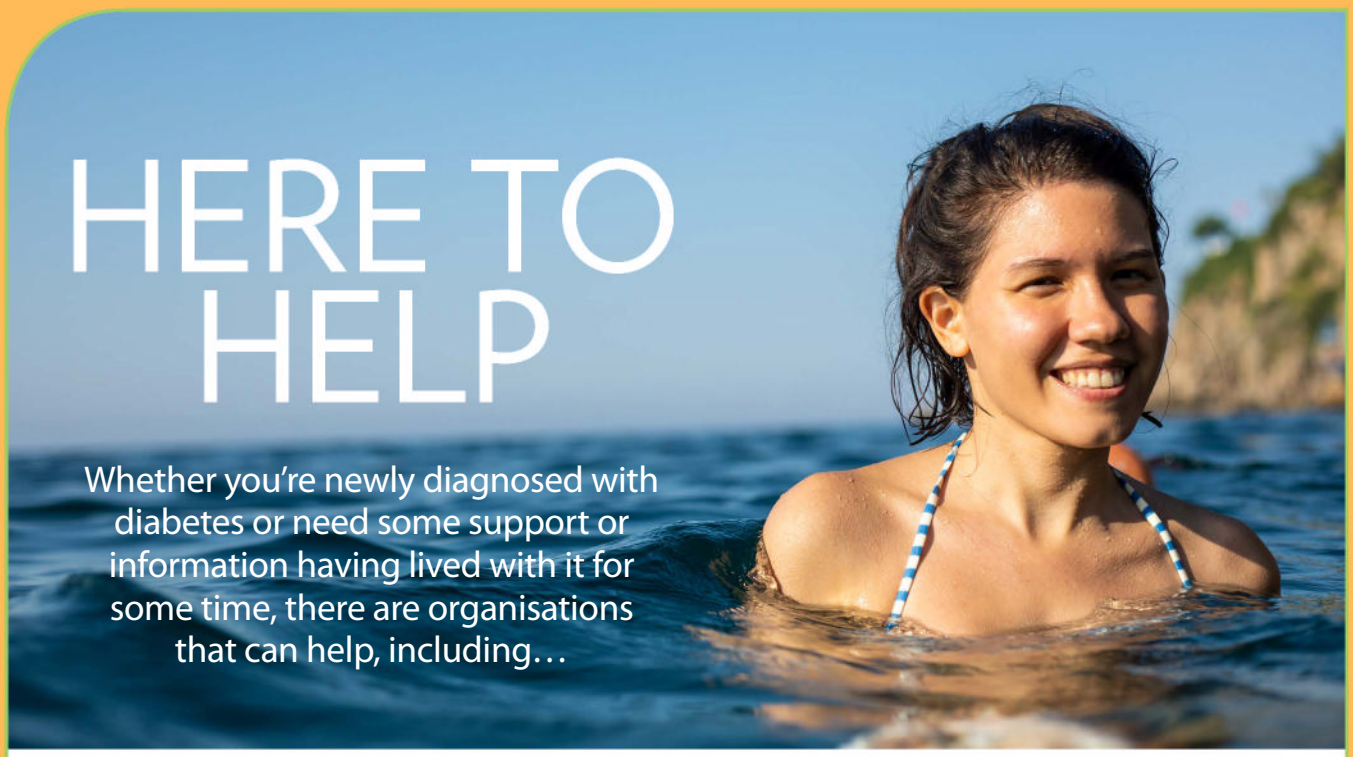
Metformin is typically taken with meals to help reduce gastrointestinal side effects like nausea, but recent University of Adelaide research suggests it could deliver better results if it's taken before meals. The results found that taking metformin 30 to 60 minutes before a meal was more effective at reducing plasma glucose levels while increasing the secretion of a hormone called GLP-1, which suppresses appetite, stimulates insulin production and slows gastric emptying – all without



causing a rise in nausea symptoms. "Modification of the timing of metformin ingestion in relation to meals could be a cost-effective approach to improve glycaemic control in people living with type 2 diabetes," says one of the study's lead authors, Associate Professor Tongzhi Wu. "We are now planning to extend this research in a real-world setting to examine whether administration of metformin before meals will lead to better blood glucose control in people living with type 2 diabetes in the long term."

WORDS: KAREN FITALL. PHOTOGRAPHY: GETTY IMAGES.

HERE TO HELP



Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including…

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit **diabetesaustralia.com.au**.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS) An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit **ndss.com.au** or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA) Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to **adea.com.au** to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF) Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to **jdrf.org.au** to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit **footforward.org.au**

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit **keepsight.org.au**

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to **mydesmondaustralia.com.au** to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS) While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit **ndis.gov.au** or call **1800 800 110** for more information.

Five satisfying weeknight meals, already sorted for you with this collection of nutritious recipes

5 DAYS DINNERS

MONDAY

Super green pasta

Recipe, page 18

HOW OUR FOOD WORKS FOR YOU
see page 88

TUESDAY

Mexican chicken bowl with burnt lime

Recipe, page 18

WEDNESDAY

GFO ROASTED RED CAPSICUM SOUP WITH CRISPY CROUTONS

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

1 red onion, roughly chopped
1 carrot, roughly chopped
½ tsp olive oil
1 clove garlic, roughly chopped
100g drained roasted red peppers, roughly chopped
½ tsp harissa paste or gluten-free harissa
½ tsp cumin seeds
¼ tsp ground chilli
300ml salt-reduced vegetable stock or gluten-free option
125ml (½ cup) water
2 tbsp natural yoghurt, to serve

CROUTONS
50g slightly stale wholemeal crusty bread or gluten-free option, cut into cubes
½ tsp olive oil
Freshly ground black pepper
2 Macro Lower Carb Linseed & Sunflower Bread Rolls or gluten-free rolls

1 Put the onion and carrots in a small food processor. Process until finely chopped (or you can finely chop by hand). Preheat oven to 200°C (fan-forced). Line a baking tray with non-stick baking paper.

2 Heat the oil in a large saucepan over medium heat. Add the onion and carrot and cook, stirring frequently, for 5-6 minutes or until starting to soften. Add the garlic and peppers. Cook, stirring, for 1 minute.

3 Add the harissa paste, cumin seeds and ground chilli. Cook, stirring, for 1 minute. Add the stock and water. Increase the heat to medium-high. Bring to the boil and cook, stirring occasionally, for 15-18 minutes or until the vegetables soften.

4 Meanwhile, to make the croutons, toss the bread with the oil and season well with pepper. Tip onto the lined baking tray. Bake for 8-10 minutes or until deep golden and crisp.

5 Transfer the vegetable mixture to a blender and blend until smooth. Season and ladle into bowls. Top with the yoghurt, and scatter over the croutons. Serve with the bread rolls.

NUTRITIONAL INFO

PER SERVE 1890kJ (452Cal), **protein** 28g, **total fat** 20g (sat. fat 3g), **carbs** 31g, **fibre** 11g, **sodium** 801mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

THURSDAY

Speedy lentil coconut curry

Recipe, page 20

LOWER-CARB OPTION

Omit the brown rice and serve each portion with 1½ cups warm broccoli and cauliflower rice.

LCO NUTRITIONAL INFO

PER SERVE 1120kJ (268Cal), **protein** 14g, **total fat** 10g (sat. fat 5g), **carbs** 24g, **fibre** 14g, **sodium** 323mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

SUPER GREEN PASTA

PREP 5 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

2 cloves garlic
200g kale or silverbeet, woody stalks removed, roughly chopped
40g (½ cup) grated parmesan
1 cup basil leaves, roughly torn
Freshly ground black pepper
150g fresh lasagne sheets or gluten-free lasagne sheets, roughly torn
Pinch chilli flakes
60g mixed salad leaves
1 small avocado, sliced
Squeeze lime juice

1 Bring a large saucepan of water to the boil. Peel the garlic cloves and add to the water with the kale. Cook for 4-5 minutes or until tender. Use a slotted spoon to transfer the kale and garlic to a small food processor (keeping the water to cook the pasta).

2 Cover and process the kale and garlic until smooth. Add 30g of the parmesan, the basil and a splash of the cooking water. Season with pepper. Blend until smooth and bright green.

3 Return the pan of water to the boil. Add the pasta and cook for 2-3 minutes or until al dente.

4 Transfer the pesto mixture to a medium non-stick frying pan. Cook, stirring, over low heat until warmed through. Use tongs to add the pasta to the sauce. Toss to combine.

5 Divide the pasta between serving bowls. Sprinkle with the remaining parmesan and chilli flakes. Toss the salad leaves, avocado and lime juice. Serve the salad with the pasta.

NUTRITIONAL INFO

PER SERVE 1670kJ (400Cal), **protein** 19g, **total fat** 16g (sat. fat 5g), **carbs** 40g, **fibre** 12g, **sodium** 483mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

GF

MEXICAN CHICKEN BOWL WITH BURNT LIME

PREP 5 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

250g skinless chicken breast fillets, trimmed of fat
1 red capsicum, sliced
1 red onion, sliced
100g baby corn
1½ tsp chipotle sauce
Freshly ground black pepper
Zest of ½ lime, lime halved
1 tsp olive oil
½ x 420g can no-added-salt black beans, rinsed and drained
Small handful coriander, roughly chopped
70g (⅓ cup) Low Gi Brown Rice, cooked following packet instructions
2 tbsp tomato salsa, to serve

1 Preheat oven to 200°C (fan-forced). Line a large tray with non-stick baking paper.

2 Arrange the chicken, capsicum, red onions and baby corn on the tray. Spoon over the chipotle sauce. Season with pepper. Toss to combine. Put the lime pieces on the tray, cut-side down. Drizzle the oil over the chicken and vegetables. Roast for 20 minutes or until everything is cooked through.

3 Meanwhile, warm the beans in a small saucepan over a low heat. Season with pepper.

4 Combine the beans with half the coriander and the lime zest, then squeeze over the juice of the roasted lime. Diagonally slice the chicken. Divide the rice, vegetables and chicken between the serving bowls. Sprinkle over the remaining coriander and serve with the salsa.

NUTRITIONAL INFO

PER SERVE 1820kJ (435Cal), **protein** 40g, **total fat** 7g (sat. fat 1g), **carbs** 47g, **fibre** 10g, **sodium** 381mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

GFO

THAI CURRY NOODLE SOUP

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

1 tsp olive oil
1 tbsp Thai green curry paste or gluten-free curry paste
220g stir-fry vegetable mix (see Cook's tip)
200g raw prawns, shelled and deveined
180ml light coconut milk
140ml water
60ml (¼ cup) salt-reduced vegetable stock or gluten-free stock
250g Kan Tong Wok Ready Udon or gluten-free noodles
2 tbsp roughly chopped coriander
¼ cup basil leaves, roughly torn
1 red chilli, sliced, to serve (optional)
1 green shallot, sliced, to serve

1 Heat the oil in a medium saucepan over medium heat. Add the curry paste and cook, stirring, for 1 minute. Add the stir-fry vegetables and prawns. Cook, stirring often, for 3 minutes or until the prawns are mostly pink.

2 Stir the coconut milk, water, vegetable stock and noodles into the saucepan. Bring to a simmer. Simmer for 5 minutes or until the noodles are cooked through and the vegetables are tender but still has a bite.

3 Divide the soup between serving bowls. Sprinkle with the herbs, chilli and green shallots.

FRIDAY

Thai curry noodle soup

Recipe opposite

NUTRITIONAL INFO

PER SERVE 1480kJ (354Cal), **protein** 21g, **total fat** 10g (sat. fat 7g), **carbs** 43g, **fibre** 7g, **sodium** 1120mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

COOK'S TIP

Pre-cut stir-fry vegetables are available in the fruit and vegetable section of the supermarket. Alternatively, you can slice up any vegetables you have in the fridge to use.

GFO LCO

SPEEDY LENTIL COCONUT CURRY

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

½ brown onion, roughly chopped
1 clove garlic, roughly chopped
½ red or green chilli, roughly chopped
1 small carrot, roughly chopped
2cm piece ginger, peeled and chopped
½ tsp olive oil
3 tsp tikka masala curry paste or gluten-free curry paste
½ x 400g can no-added-salt brown lentils, rinsed and drained
110ml light coconut milk
150ml water
100g (⅔ cup) frozen peas
Freshly ground black pepper
Small handful coriander, roughly chopped
100g (½ cup) Low GI Brown Rice, cooked following pkt directions
4 tbsp natural yoghurt

1 Put the onion, garlic, chilli, carrot and ginger in a small food processor and blitz to a smooth paste.

2 Heat the oil in a medium saucepan over medium heat. Add the vegetable paste and cook, stirring occasionally, for 4-5 minutes or until fragrant and starting to soften. Add the curry paste and cook, stirring, for 1 minute.

3 Stir the lentils, coconut milk and water into the pan. Cover and bring to the boil over high heat. Reduce heat to low and cook, covered, for 10 minutes or until thick and creamy, adding the peas for the final 5 minutes of cooking. Season with pepper.

4 Stir most of the coriander into the lentils. Divide the curry and rice between serving bowls. Sprinkle over the coriander. Top with the yoghurt and serve.

NUTRITIONAL INFO

PER SERVE 1730kJ (414Cal), **protein** 15g, **total fat** 11g (sat. fat 5g), **carbs** 58g, **fibre** 11g, **sodium** 291mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

GROCERIES

RED PEPPERS Use as pizza topping, in salads or sandwiches, and in pasta sauces.

HARISSA Use in dressings, mixed with natural yoghurt and spread over pizza base.

STOCK Use in sauces, soups or freeze to use later.

CHIPOTLE SAUCE Use in Mexican dishes, marinades and sauces.

BLACK BEANS Toss remaining black beans with fresh herbs, chopped tomatoes and cucumber, squeeze of lime and a drizzle of olive oil. Toss in a small drained canned tuna in spring water for a quick and healthy lunch.

SALSA Serve with vegie sticks or homemade pita chips.

CURRY PASTE Use to make a vegetable curry using up leftover vegies in your fridge and leftover coconut milk, stock and herbs.

LENTILS Use in salads, pasta sauces or curries.

COCONUT MILK Use in dressings, desserts and curries.

TIKKA MASALA PASTE AND YOGHURT Combine with some natural yoghurt, grated lemon zest and juice and freshly ground black pepper. Use as a marinade for chicken or fish.

UDON NOODLES Use to make soups or in stir-fries.

BREAD Freeze and use for sandwiches, toast, or to make breadcrumbs.

LASAGNE SHEETS Cut in strips and cook. Serve with your favourite meat or vegie bolognaise, topped with a little grated reduced-fat cheese. Or use to make a small lasagne for 2.

FROZEN PEAS Use in curries, casseroles, soups or salads.

FRUIT & VEGETABLES

ONIONS Thinly slice and use in stir-fries. Finely chop and use in casseroles.

CHILLI Finely chop and use in dressings.

GREEN SHALLOTS Finely chop and use in dressings, diagonally thinly slice and use in salads or stir-fries. Or stir in at the end to your pasta sauces.

BASIL Toss in at the end of your stir-fries. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

SHOPPING LIST

GROCERIES
- ❑ 285g jar roasted red peppers in vinegar
- ❑ 70g tube harissa paste
- ❑ 1L carton salt-reduced vegetable stock
- ❑ 220g jar chipotle sauce
- ❑ 420g can no-added-salt black beans
- ❑ 300g jar tomato salsa
- ❑ 283g jar tikka masala paste
- ❑ 400g can no-added-salt brown lentils
- ❑ 400ml can light coconut milk
- ❑ 210g jar Thai green curry paste
- ❑ 440g pkt KanTong Wok Ready Udon

FRUIT & VEGETABLES
- ❑ 2 red onions
- ❑ 1 brown onion
- ❑ 1 carrot, 1 small carrot
- ❑ 1 red capsicum
- ❑ 100g baby corn
- ❑ 1 lime
- ❑ 1 bunch coriander
- ❑ 1 red or green chilli
- ❑ 2cm piece ginger
- ❑ 220g stir-fry vegetable mix
- ❑ ½ bunch green shallots
- ❑ 1 bunch basil
- ❑ 1 bunch cavolo nero or kale
- ❑ 60g mixed salad leaves
- ❑ 1 avocado

BAKERY
- ❑ 1 loaf wholemeal bread
- ❑ 2 Macro Lower Carb Linseed & Sunflower Bread Rolls or gluten-free rolls

DAIRY
- ❑ 130g tub natural yoghurt
- ❑ 375g pkt fresh lasagne sheets

SEAFOOD
- ❑ 200g raw green prawns

FREEZER
- ❑ 500g frozen peas

MEAT AND POULTRY
- ❑ 250g skinless chicken breast fillet

PANTRY
- ❑ Olive oil
- ❑ 4 cloves garlic
- ❑ Ground chillies
- ❑ Cumin seeds
- ❑ Black pepper
- ❑ Low GI Brown Rice
- ❑ Parmesan
- ❑ Chilli flakes

HOW OUR FOOD WORKS FOR YOU
see page 88

5 INGREDIENT RECIPES

Dinner just got easier! Make the most of every minute with these quick and simple 5 ingredient recipes from Better Homes & Gardens' new special issue, on sale now.

Better Homes & Gardens
'5 Ingredient Recipes'
available from
supermarkets, newsagents
and magshop.com.au
RRP $10.50.

GF

FAJITA RICE BOWLS

MAKES 4 SERVINGS

25 mins

2 tbsp vegetable oil
450g beef ribeye steak, thinly sliced
3 cups stemmed, roughly chopped, and seeded miniature capsicums
230g enchilada sauce
450g pouch microwavable brown rice
400g can black beans, drained

STEP 1 In a 25cm frypan heat 1 tbsp of the oil over medium-high. Season steak with black pepper. Add to frypan. Cook 2 to 3 minutes or until browned or desired doneness. Remove from frypan. Add remaining 1 tbsp oil to frypan. Add capsicum. Cook about 3 minutes or until lightly charred and crisp-tender. Add ½ cup of the enchilada sauce; heat through.

STEP 2 Meanwhile, heat rice according to package directions. Transfer to a bowl and stir in ¼ cup enchilada sauce. In a separate bowl mix black beans and remaining ¼ cup sauce. Microwave about 1 minute or until heated through.

STEP 3 Divide rice and beans among four bowls. Top with steak and capsicum mixture.

EASY ADD

Add a sliced avocado or scoop of guacamole to cool things down if you like

NUTRITION INFO

PER SERVE 1470kJ (352Cal), **protein** 36g, **total fat** 8g (sat. fat 2g), **carbs** 31g, **fibre** 10g, **sodium** 224mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

TURKEY SHEPHERD'S PIE

30 mins

COOK 30 MINS **SERVES** 4

STEP 1 In a 6L electric or stove-top pressure cooker combine chicken, frozen vegetables, and thyme. Stir in gravy. Lock lid in place.

STEP 2 Set electric cooker on high pressure to cook 5 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 5 minutes. Remove from heat. For both models, quickly release pressure. Open lid carefully.

STEP 3 Serve chicken mixture topped with mashed potatoes. Sprinkle with additional thyme and black pepper (if using).

NUTRITION INFO

PER SERVE 1600kJ (383Cal), **protein** 34g, **total fat** 12g (sat. fat 3g), **carbs** 30g, **fibre** 10g, **sodium** 743mg • **Carb exchanges** 2 • **GI estimate** medium

LC

PESTO SALMON AND VEGETABLES

COOK 15 MINS **SERVES** 4

15 mins

STEP 1 Remove ¼ cup juice from one of the lemons. Cut remaining lemon into wedges.

STEP 2 Add 1 cup cold water and lemon juice to a 6L electric or stove-top pressure cooker. Place a steamer rack inside cooker and coat with cooking spray. Arrange salmon fillets, skin sides down, on rack (fillets may overlap slightly). Lock lid in place.

STEP 3 Set electric cooker on high pressure to cook 1 minute. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 1 minute. Remove from heat. For both models, quickly release pressure. Open lid carefully. Salmon should flake easily with a fork.

STEP 4 Season salmon with pepper. Serve with lemon wedges, pesto, and potato and green bean blend

NUTRITION INFO

PER SERVE 1730kJ (414Cal), **protein** 28g, **total fat** 30g (sat. fat 6g), **carbs** 6g, **fibre** 3g, **sodium** 68mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**

LC

GINGERED BEEF AND BROCCOLI SALAD

20 mins

MAKES 4 SERVINGS

STEP 1 In a 25cm frypan, heat 2 tbsp of the vinaigrette over medium-high. Add broccoli and capsicum. Cook and stir 3 minutes. Add beef to frypan. Cook and stir 2 to 3 minutes or until beef is slightly pink in center.

STEP 2 Serve beef mixture over greens. Drizzle with remaining vinaigrette.

NUTRITION INFO

PER SERVE 810kJ (194Cal), **protein** 26g, **total fat** 5g (sat. fat 1g), **carbs** 8g, **fibre** 5g, **sodium** 430mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

ADDITIONAL IMAGES GETTY IMAGES, ADDITIONAL INFORMATION SHANNON LAVERY (DIETITIAN)

GF

PRAWN AND QUINOA SALAD

MAKES 4 SERVINGS

30 mins

STEP 1 Peel and devein prawns, leaving tails intact if desired. Thread prawns onto four 20cm skewers. Grill skewers, covered, over medium heat for 4 to 6 minutes or until prawns are opaque, turning once.

STEP 2 Meanwhile, rinse quinoa; drain. In a medium saucepan bring 2 cups water to boiling. Add quinoa. Return to boiling; reduce heat. Simmer, covered, about 15 minutes or until water is absorbed. Remove from heat.

STEP 3 Remove 1 tsp zest from one orange. Using a paring knife, cut remaining peel and white pith from oranges; discard. Holding an orange over a very large bowl to catch juices, cut segments from orange (set segments aside). Squeeze juice from membranes into bowl. Repeat with remaining orange. Stir in orange zest, balsamic vinegar, 1 tbsp olive oil, and ¼ tsp black pepper.

STEP 4 Add quinoa and rocket; toss gently to combine. Top with orange segments and serve with prawns.

NUTRITION INFO

PER SERVE 1120kJ (268Cal), **protein** 22g, **total fat** 3g (sat. fat 0g), **carbs** 34g, **fibre** 7g, **sodium** 270mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

COOK THE cover

This beautiful spring frittata makes the most of seasonal asparagus.

When asparagus isn't in season, try substituting with green beans.

Serve with a side of garden salad for the perfect warm weather meal.

GFO LC

ASPARAGUS, SPINACH & PEA FRITTATA WITH CRISPY CHORIZO

PREP 10 MINS **COOK** 30 MINS
SERVES 4 (AS A LIGHT MEAL)

1 tbsp olive oil, plus 1 tsp extra
½ brown onion, finely chopped
250g (about 1½ bunches) asparagus, woody ends trimmed, cut into 6cm pieces
120g frozen peas
120g frozen broad beans
8 x 60g eggs, lightly whisked
1 cup (45g) baby spinach leaves
¼ cup dill sprigs, chopped
¼ cup flat-leaf parsley, chopped
Freshly ground black pepper
1½ tbsp finely grated parmesan
190g chorizo or gluten-free chorizo, halved lengthways
1 clove garlic, thinly sliced
2 tbsp sherry vinegar

1 Preheat grill on high. Heat 1 tbsp oil in a 28cm ovenproof non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onion starts to soften.

2 Add the peas and broad beans to the pan. Cook, stirring, for 2 minutes. Add the spinach and most of the parsley and dill. Season with pepper. Stir well to combine. Pour in the eggs and stir to evenly coat the vegetables in the eggs. Cook the frittata for 5-10 minutes or until almost set.

3 Scatter the parmesan over the frittata and cook under the grill for 5-10 minutes or until the top is set and light golden on top.

4 Heat the extra oil in a medium non-stick frying pan over medium heat. Add the chorizo halves and cook, stirring, for 1-2 minutes or until the chorizo is crisp and its oil has rendered. Add the garlic and cook, stirring, for 1 minute. Stir in the sherry vinegar. Remove the pan from the heat.

5 Spoon the chorizo and oil over the frittata. Sprinkle with the remaining dill and parsley. Serve.

NUTRITIONAL INFO

PER SERVE 1790kJ (428Cal), **protein** 32g, **total fat** 28g (sat. fat 8g), **carbs** 9g, **fibre** 7g, **sodium** 774mg
• **Carb exchanges** ½ • **GI estimate** low
• **Gluten-free option** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOW OUR FOOD WORKS FOR YOU
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As well as being energy-efficient, an air-fryer makes it easier to experiment with different flavours. Try these simple but tasty meals to liven up your table

AIR-FRYER ADVENTURES

GFO

FISH TACOS

PREP 20 MINS **COOK** 10 MINS
SERVES 4 (2 PER SERVE; AS MAIN MEAL)

600g firm boneless white fish fillets, cut into bite-size pieces
½ tsp ground cumin
½ tsp ground coriander
PInch chilli flakes
1 tsp smoked paprika
½ tsp dried oregano
Freshly ground black pepper
1 large or 2 small ripe avocados, peeled and stoned
Juice of ½ lime
8 small corn or flour tortillas
Chilli sauce or gluten-free chili sauce, to serve

SLAW
¼ red cabbage, finely shredded
Juice 1 lime, plus extra wedges, to serve
1 carrot, grated

SALSA
2 large ripe tomatoes, finely chopped
½ small Lebanese cucumber, finely chopped
½ small bunch coriander, finely chopped
Juice of ½ lime

1 Put the fish, cumin, coriander, chilli flakes, paprika and oregano in a medium bowl. Season with pepper. Toss to combine.

2 To make the slaw; combine all the ingredients in a bowl and give them a scrunch with your hands. Set aside.

3 Use a fork to mash the avocado and lime juice together in a bowl. Season with pepper. Set aside with the slaw.

4 To make the salsa, combine all the ingredients in a bowl. Season with pepper.

5 Heat the air-fryer to 180°C. Add the fish and cook for 8-10 minutes or until just cooked through. Heat the wraps following packet instructions.

6 Divide the fish between the wraps. Top with the slaw, avocado, salsa and a drizzle of chilli sauce. Serve with lime wedges for squeezing over, if you like.

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 36g, **total fat** 14g (sat. fat 2g), **carbs** 33g, **fibre** 12g, **sodium** 555mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

HOW OUR FOOD WORKS FOR YOU
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Corn fritters
Recipe, opposite

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

CORN FRITTERS

PREP 15 MINS **COOK** 15 MINS
SERVES 4 (AS A LIGHT MEAL)

175g plain flour
1½ tsp baking powder
½ tsp garlic powder
1 tsp smoked paprika
Freshly ground black pepper
100ml skim milk
2 x 60g eggs, whisked
½ small bunch flat-leaf parsley, finely chopped
4 green shallots, finely chopped
500g fresh corn kernels (see Cook's tip)
2 cups mixed salad leaves, to serve

1 Put the flour, baking powder, garlic powder and paprika in a large bowl. Season with pepper. Gradually whisk in the milk and eggs until you have a smooth, thick batter. Mix in the parsley, green shallots and corn.

2 Line a large tray with non-stick baking paper. Take spoonfuls of the mixture (around the size of a golf ball) and flatten, making 12 fritters in total. Place on the lined tray.

3 Put a layer of baking paper in the base of the air-fryer basket. Heat the air-fryer to 200°C. Cook the fritters in batches for 12-15 minutes, turning after 8 minutes or until golden and set.

NUTRITIONAL INFO

PER SERVE 1370kJ (328Cal), **protein** 13g, **total fat** 4g (sat. fat 1g), **carbs** 55g, **fibre** 5g, **sodium** 189mg • **Carb exchanges** 3½ • **GI estimate** medium

COOK'S TIP

You can replace the fresh corn kernels with frozen corn kernels (use frozen, don't defrost) or well drained corn kernels.

GFO

CHICKEN NUGGETS

PREP 20 MINS **COOK** 10 MINS
SERVES 4 (AS A MAIN MEAL)

50g (⅓ cup) plain flour or gluten-free flour
½ tsp garlic powder
½ tsp smoked paprika
Freshly ground black pepper
1 x 60g egg, whisked
120g (⅔ cup) panko breadcrumbs or gluten-free breadcrumbs
600g skinless chicken breast fillets, trimmed of fat, cut into bite-size pieces
Salt-reduced tomato sauce, to serve
280g green beans, steamed, to serve
340g snow peas, steamed, to serve
2 carrots, sliced, steamed, to serve

1 Put the flour, garlic powder and paprika on a plate. Season with pepper. Crack the egg into a shallow bowl and whisk to combine. Place the breadcrumbs on a large plate.

2 Line a baking tray with non-stick baking paper. Toss the chicken pieces in the flour mix, followed by the egg and then finally the breadcrumbs. Set aside on the lined tray.

3 Heat the air-fryer to 200°C. Add the chicken nuggets and cook in a single layer (you may need to do this in batches) for 10-12 minutes or until cooked through and golden brown.

4 Serve with the tomato sauce and steamed vegetables.

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 46g, **total fat** 5g (sat. fat 1g), **carbs** 45g, **fibre** 8g, **sodium** 393mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

Spiced lamb flatbreads

Recipe, page 36

Try one of these easy flatbreads if you're short on time but still craving lots of flavours and textures

FLATBREAD fiesta

HOW OUR FOOD WORKS FOR YOU
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Roasted zucchini flatbreads with fennel seeds
Recipe, page 38

GFO

SPICED LAMB FLATBREADS

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

150g lean lamb mince
3 cloves garlic, crushed
¾ tsp ground cumin
½ tsp ground cinnamon
Zest and juice ½ lemon
3 tbsp tomato paste
1 tbsp olive oil
Freshly ground black pepper
2 Coles Bakery Wholemeal flatbreads or gluten-free flat breads
Small handful flat-leaf parsley, roughly chopped
½ small red onion, finely sliced
1 tbsp red wine vinegar

1 Preheat oven to 160°C (fan-forced). Line two baking trays with non-stick baking paper.

2 Put the mince, garlic, cumin, cinnamon, lemon zest, lemon juice, tomato paste and half the oil in a small food processor. Season with black pepper. Pulse until well combined.

3 Arrange the two flatbreads on the lined tray. Divide the lamb mixture between them, spreading it right to the edges. Bake for 17-20 minutes or until cooked through.

3 Meanwhile, combine the parsley, red onion, vinegar and remaining oil in a bowl. Season with pepper.

4 Sprinkle the flatbreads with the parsley salad and serve.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal), **protein** 25g, **total fat** 21g (sat. fat 4g), **carbs** 46g, **fibre** 10g, **sodium** 371mg
• **Carb exchanges** 3 • **GI estimate** medium
• **Gluten-free option**

GFO

PIZZA SALAD FLATBREADS

PREP 20 MINS **COOK** 5 MINS
SERVES 4 (AS A LIGHT MEAL)

2 Coles Bakery Wholemeal Flatbreads or gluten-free flatbreads
30g salami or gluten-free salami, roughly chopped
50g pitted green olives, sliced
3 pickled jalapeños, roughly chopped (optional)
1 baby cos lettuce, roughly chopped
150g cherry tomatoes, halved
2 roasted peppers, drained and roughly chopped
100g baby bocconcini, drained, halved

DRESSING
1 tbsp red wine vinegar
2 tsp Dijon mustard or gluten-free mustard
1 tsp mixed dried herbs
1½ tbsp finely grated parmesan
1 tbsp olive oil
1 small clove garlic, crushed
Freshly ground black pepper

1 Preheat oven to 160°C (fan-forced). Sprinkle the flatbreads with a little water and heat in the oven for 4-5 minutes or until soft and warm. Set aside to cool slightly.

2 To make the dressing, put all the ingredients in a small bowl. Season with pepper. Whisk to combine.

3 Add the salami, olives, jalapeños, lettuce, tomatoes, peppers and bocconcini to the dressing. Toss to combine. Cut the flatbreads in half and place on serving plates. Top with the salad. Serve.

NUTRITIONAL INFO

PER SERVE 1400kJ (335Cal), **protein** 12g, **total fat** 20g (sat. fat 6g), **carbs** 24g, **fibre** 5g, **sodium** 583mg
• **Carb exchanges** 1½ • **GI estimate** medium
• **Gluten-free option**

Pizza salad flatbreads
Recipe, opposite

GFO LCO

ROASTED ZUCCHINI FLATBREADS WITH FENNEL SEEDS

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

1 tsp fennel seeds
¼-½ tsp chilli flakes, to taste
½ tsp ground cumin
½ tsp ground coriander
1 tbsp olive oil
1 zucchini, cut into chunky half moons
2 Coles Bakery Wholemeal Flatbreads or gluten-free flatbreads
4 tbsp reduced-fat Greek natural yoghurt
2 tbsp pomegranate seeds or 1 Tbsp Ocean Spray 50% Less Sugar Craisins
50g reduced-fat feta, crumbled
Small handful coriander leaves

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with non-stick baking paper. Combine the fennel seeds, chilli flakes, cumin, coriander and oil in a small bowl. Add the zucchini and toss to coat well. Spread out over the lined tray.

2 Roast for 25 minutes, stirring halfway during cooking, or until tender. Sprinkle the flatbreads with a little water and heat in the oven (place straight onto an oven rack) for 2-3 minutes.

3 Spread the yoghurt over the top of the flatbreads. Top with the roasted zucchini, pomegranate seeds or Craisins, feta and coriander. Serve.

NUTRITIONAL INFO

PER SERVE 1700kJ (407Cal), **protein** 18g, **total fat** 12g (sat. fat 4g), **carbs** 49g, **fibre** 9g, **sodium** 600mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Replace the flatbreads with 2 lower-carb wraps, such as Woolworths Lower Carb Wholemeal Wraps.

PER SERVE 1030kJ (246Cal), **protein** 20g, **total fat** 9g (sat. fat 5g), **carbs** 14g, **fibre** 13g, **sodium** 546mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

GF LC

HERBY SALAD WITH YOGHURT & ROSE DRESSING

PREP 20 MINS **COOK** 5 MINS
SERVES 4

50g (⅓ cup) walnuts, roughly chopped
½ tsp rosewater, or to taste (see Cook's tip)
100g reduced-fat Greek natural yoghurt
1 tbsp white wine vinegar
½ tsp honey
1 tbsp water
Freshly ground black pepper
1 butter lettuce, leaves separated
1 Lebanese cucumber, deseeded and finely sliced
4 green shallots, finely sliced
½ cup dill sprigs
1 cup flat-leaf parsley leaves
1 cup basil leaves
Edible rose petals, to serve (optional)

1 Tip the walnuts into a dry medium non-stick frying pan over medium-high heat. Cook, shaking the pan often, for 5 minutes or until fragrant and aromatic. Transfer to a plate. Set aside.

2 Put the rosewater, yoghurt, vinegar, honey and water in a large bowl. Season with pepper. Whisk to combine.

3 Add the salad leaves, cucumber, green shallots and most of the herb leaves to the dressing. Toss to combine. Tip the salad onto a large serving platter. Sprinkle over the toasted walnuts and remaining herbs. Top with the rose petals, if using. Serve immediately.

NUTRITIONAL INFO

PER SERVE (as a side salad) 550kJ (132Cal), **protein** 6g, **total fat** 10g (sat. fat 1g), **carbs** 5g, **fibre** 4g, **sodium** 52mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

COOK'S TIP

Rosewater varies in strength, so add a little less than stated, then taste the dressing and decide if more is needed – too much will make the salad overly floral.

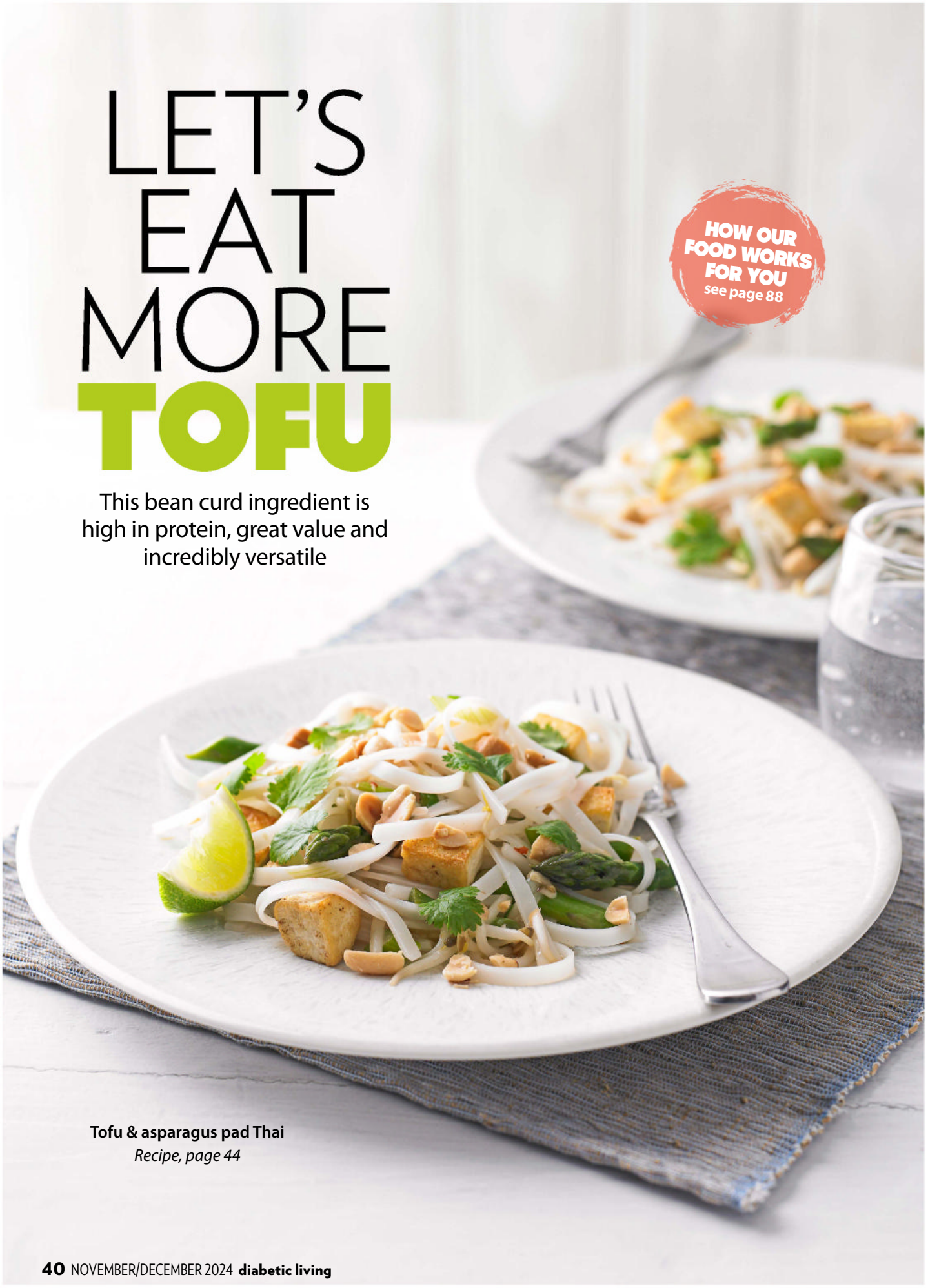
Herby salad with yoghurt & rose dressing
Recipe, opposite

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

LET'S EAT MORE TOFU

This bean curd ingredient is high in protein, great value and incredibly versatile

HOW OUR FOOD WORKS FOR YOU
see page 88



Tofu & asparagus pad Thai
Recipe, page 44

Tofu escalopes
Recipe, page 42

GFO

TOFU ESCALOPES

PREP 20 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

600g Zerella Spud Lite potatoes, cut into 3cm pieces
2 tbsp salt-reduced soy sauce or gluten-free soy sauce
400g extra firm tofu, drained, patted dry with paper towel
2 lemons, both zested, 1 juiced, 1 cut into wedges
3 tbsp plain flour or gluten-free plain flour
50g (⅓cup) grated parmesan
50g (⅓ cup) panko breadcrumbs or gluten-free breadcrumbs
1 x 60g egg
1 tsp wholegrain mustard or gluten-free mustard
2 tsp water
1 tbsp olive oil
100g watercress or baby spinach leaves

SALSA VERDE
2 garlic cloves
½ bunch basil, leaves and stalks chopped
2 tbsp drained small capers
2 tbsp extra virgin olive oil
55g (⅓ cup) pitted black olives, sliced

1 Cook the potatoes in a medium saucepan of boiling water for 10-15 minutes or until tender. Drain well and set aside. Drizzle the soy sauce over the tofu.

2 To make the salsa verde, put the garlic, basil, capers and oil in a small food processor. Process until finely chopped and well combined. Stir in the olives.

3 Put the flour on a plate. Combine the parmesan, lemon zest and crumbs on a seperate plate. Put the egg, mustard and water in a shallow bowl. Whisk to combine.

4 Coat the tofu in the flour, then the egg, then the crumbs. Heat the oil in a large non-stick frying pan over medium heat. Add the tofu and cook for 2 minutes each side or until golden brown.

5 Slice the tofu into strips. Divide the watercress and potatoes between serving plates. Top with the tofu. Spoon over the salsa verde and serve with the lemon wedges.

NUTRITIONAL INFO

PER SERVE 1740kJ (416Cal), **protein** 21g, **total fat** 19g (sat. fat 4g), **carbs** 33g, **fibre** 10g, **sodium** 997mg • **Carb exchanges** 2 • **GI estimate** high • **Gluten-free option**

GF

SMOKY TOFU TORTILLAS

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

1 tbsp olive oil
2 brown onions, cut into thin wedges
2 capsicums, deseeded and sliced
1 bunch coriander, leaves picked and stems chopped
2 tsp ground cumin
1 tsp smoked paprika
200g drained firm tofu, cut into bite-size pieces
420g can no-added-salt red kidney beans, drained and rinsed
400g can cherry tomatoes
1 tbsp dark brown sugar
8 corn tortillas, warmed following packet directions
2 limes, cut into wedges
1 avocado, sliced
4 tbsp reduced-fat Greek yoghurt

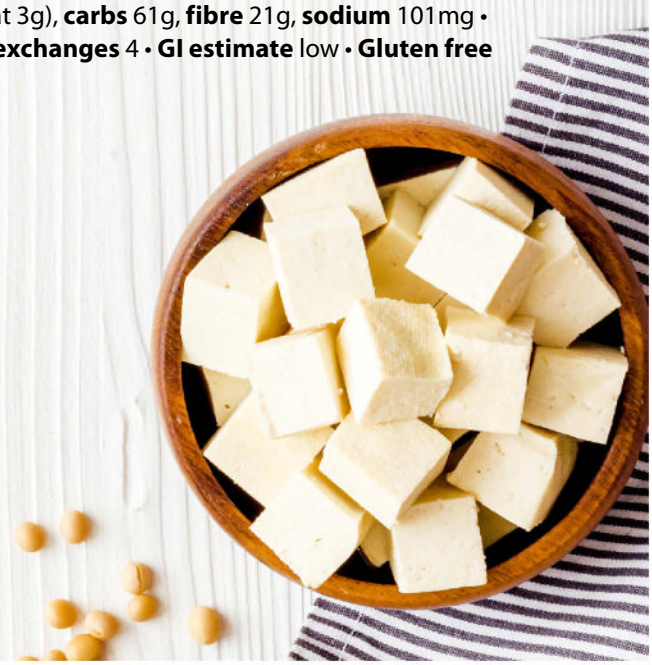
1 Heat the oil in a large non-stick frying pan over medium heat. Add the onions and capsicum and cook, stirring occasionally, for 6-7 minutes or until the vegetables start to soften and char slightly. Add the coriander stems and cook, stirring, for 1 minute. Add the cumin and paprika. Cook, stirring, for 2 minutes.

2 Add the tofu, beans, tomatoes and sugar to the pan. Cook, stirring often, for 5 minutes.

3 Add the coriander leaves to the pan and toss to combine. Squeeze over the lime juice and the oil. Serve with tortillas, lime wedges, avocado and yoghurt.

NUTRITIONAL INFO

PER SERVE 2190kJ (524Cal), **protein** 21g, **total fat** 17g (sat. fat 3g), **carbs** 61g, **fibre** 21g, **sodium** 101mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten free**



Smoky tofu tortillas
Recipe, opposite

GFO

TOFU & ASPARAGUS PAD THAI

PREP 15 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

200g dried flat rice noodles
2 limes, 1 juiced, 1 cut into wedges
1 tbsp tamarind paste
2 tbsp sweet chilli sauce or gluten-free chilli sauce, plus extra, for serving
2 tbsp olive oil
300g firm tofu, drained, patted dry and cut into cubes
10 asparagus spears, trimmed, diagonally sliced
6 green shallots, halved and thinly sliced lengthways
300g beans sprouts
3 cloves garlic, finely chopped
Handful coriander leaves, to serve
2 tbsp unsalted peanuts, to serve

1 Prepare the noodles following pack instructions. Combine the lime juice, tamarind and chilli sauce in a small bowl. Set aside.

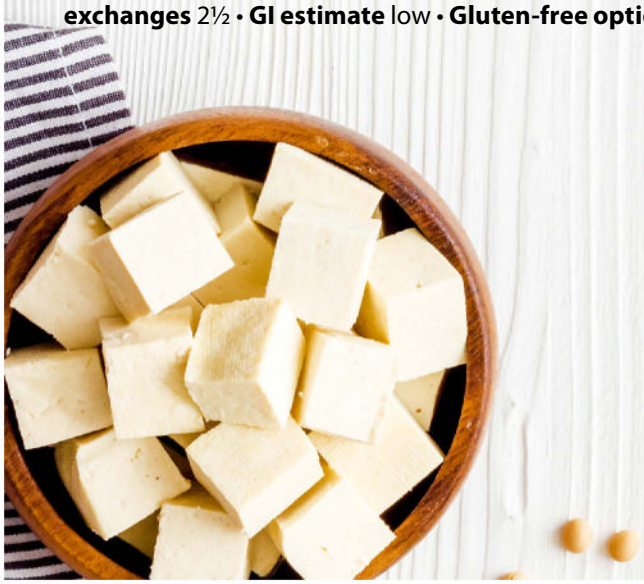
2 Heat 1 tbsp oil in a large non-stick frying pan over medium-high heat. Add the tofu and cook, stirring often, for 5-8 minutes or until golden. Transfer to a plate and set aside.

3 Add the remaining oil to the wok and heat over medium-high heat. Add the asparagus and stir-fry for 2 minutes. Add the green shallots, beansprouts and garlic. Cook, stirring, for 2 minutes.

4 Add the drained noodles and sauce to the pan. Toss to combine. Add the tofu and toss to combine. Top with the coriander and peanuts. Serve with the lime wedges.

NUTRITIONAL INFO

PER SERVE 1590kJ (380Cal), **protein** 16g, **total fat** 18g (sat. fat 3g), **carbs** 35g, **fibre** 9g, **sodium** 220mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**



GFO

TOFU PANCAKES

PREP 10 MINS **COOK** 10 MINS
SERVES 6 (AS A MAIN)

1 cup fresh or defrosted frozen raspberries
1 cup fresh or defrosted frozen blueberries
1 banana, sliced
50g roasted hazelnuts, chopped
125ml (½ cup) sugar-free maple syrup

BATTER
350g silken tofu
2 tsp vanilla extract
2 tsp fresh lemon juice
400ml skim milk
1 tbsp olive oil
250g buckwheat flour
4 tbsp brown sugar
1½ tsp ground mixed spice
1 tbsp baking powder or gluten-free baking powder

1 Put the tofu, vanilla extract, lemon juice and 200ml milk in a bowl. Use a hand held blender to blend until the mixture is smooth and thick like yoghurt. Stir in the oil and remaining 200ml milk.

2 Put the flour, sugar, mixed spice and baking powder in a bowl. Stir well. Make a well in the centre, pour in the tofu mix and whisk gently to make a thick batter.

3 Spray a large non-stick frying pan with cooking spray. Add three large spoonfuls of batter, spreading out to make 12cm pancakes. Cook for 2 minutes. Turn pancakes over and cook for 1 minute more. Transfer to a plate. Cook the remaining batter, spraying pan between each batch.

4 Serve the pancakes with berries, banana, hazelnuts and maple syrup.

NUTRITIONAL INFO

PER SERVE 1370kJ (328Cal), **protein** 12g, **total fat** 9g (sat. fat 1g), **carbs** 44g, **fibre** 6g, **sodium** 286mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

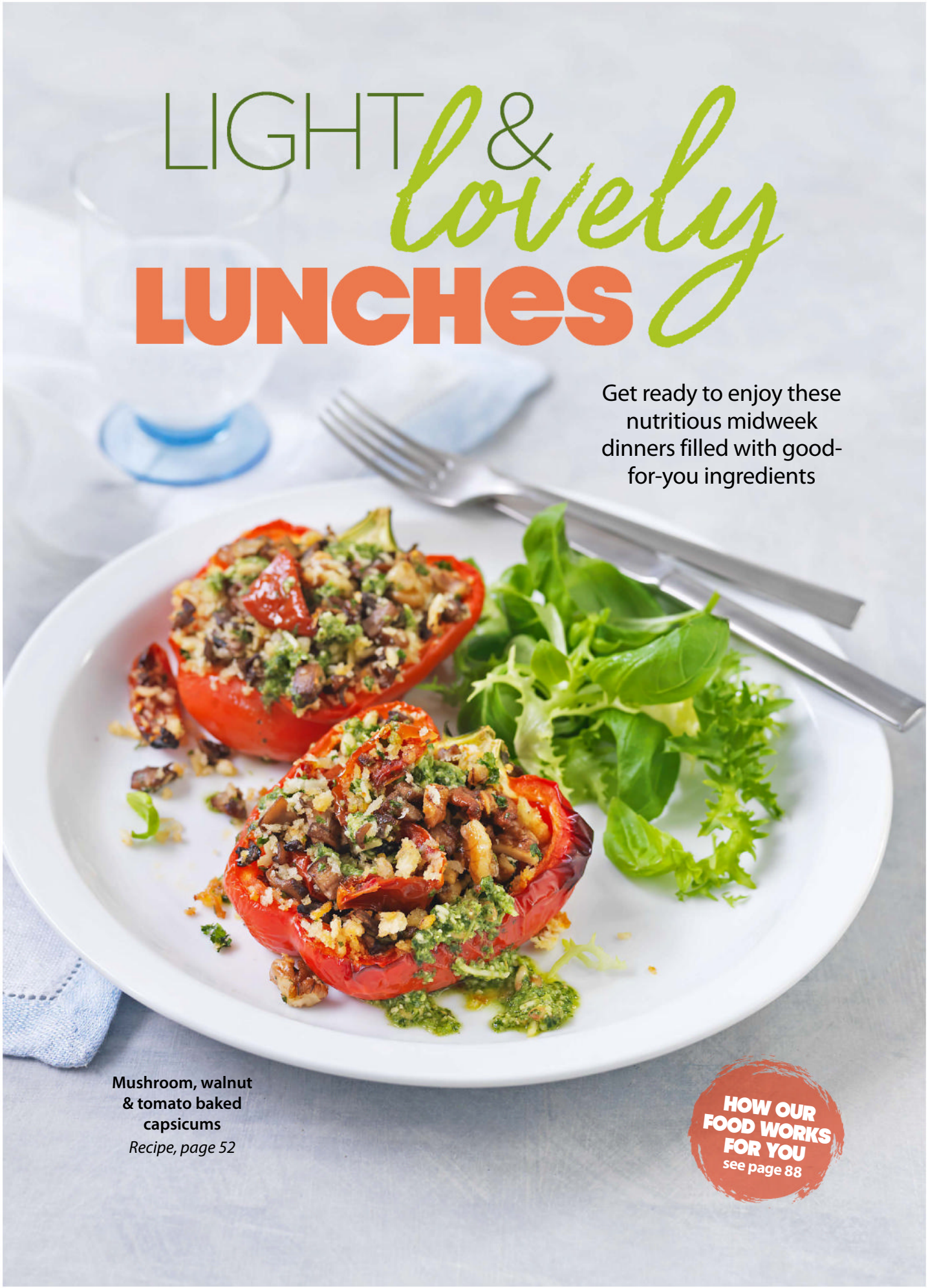
RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Tofu is one of the most versatile ingredients around. Savoury or sweet, silken or firm, there is a type of tofu for every meal

Tofu pancakes
Recipe, opposite

LIGHT & *lovely* LUNCHES

Get ready to enjoy these nutritious midweek dinners filled with good-for-you ingredients



Mushroom, walnut & tomato baked capsicums
Recipe, page 52

HOW OUR FOOD WORKS FOR YOU
see page 88

Broad bean & feta cheese toasts
Recipe, page 50

Creamy chicken with asparagus & tarragon

Recipe, page 50

Herbed lamb cutlets with roasted vegetables
Recipe, page 52

GFO LC

BROAD BEAN & FETA CHEESE TOASTS

PREP 25 MINS **COOK** 5 MINS
SERVES 2 (AS A LIGHT MEAL)

350g frozen or fresh broad beans
80g reduced-fat feta
2 tbsp chopped mint leaves
Freshly ground black pepper
1 tbsp extra virgin olive oil
1½ cups mixed salad leaves
10 cherry tomatoes, halved
1 tsp fresh lemon juice
4 x thin (10g each) slices baguette or gluten-free bread, toasted

1 Cook the beans in a small saucepan of boiling water for 4 minutes. Drain in a colander under running water until cold. Press each bean out of its skin into a bowl.

2 Crumble the feta over the beans and scatter over the mint leaves. Season with pepper and drizzle with 2 tsp of the oil. Toss together.

3 Toss the salad leaves and tomatoes with the remaining oil and the lemon juice. Divide between two plates. Spoon the bean and cheese mixture onto the toast and serve with the salad on the side.

NUTRITIONAL INFO

PER SERVE 1360kJ (325Cal), **protein** 20g, **total fat** 16g (sat. fat 5g), **carbs** 21g, **fibre** 8g, **sodium** 555mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

CHANGE IT UP

PEA & GOAT'S CHEESE TOASTS

Swap the broad beans for 200g frozen peas and boil for 2-3 minutes before draining and cooling. Swap the feta for 100g goat's cheese, then assemble the toasts as before. Toss the salad with 1 cooked, diced beetroot instead of the tomatoes and serve as before.

NUTRITIONAL INFO

PER SERVE 1570kJ (376Cal), **protein** 20g, **total fat** 21g (sat. fat 9g), **carbs** 22g, **fibre** 9g, **sodium** 344mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO LC

CREAMY CHICKEN WITH ASPARAGUS & TARRAGON

PREP 10 MINS **COOK** 20 MINS
SERVES 4 (AS A LIGHT MEAL)

500g Zerella Spud Lite Baby Potatoes, halved
4 (125g each) skinless chicken breast fillets, trimmed of fat
Freshly ground black pepper
1 tbsp olive oil
1 large brown onion, chopped
2 cloves garlic, crushed
350ml salt-reduced chicken stock or gluten-free stock
Small bunch of tarragon
2 bunches (300g) asparagus, woody ends trimmed
3 tbsp light sour cream

1 Cook the potatoes in a large saucepan of boiling water for 8-10 minutes or until tender. Drain and keep warm in the pan.

2 Meanwhile, season the chicken with pepper. Heat the oil in a large non-stick frying pan over medium heat. Add the chicken, onion and garlic. Cook, stirring occasionally, for 5 minutes or until both are lightly browned.

3 Pour the chicken stock over the chicken. Add 2 sprigs of tarragon and bring everything to a gentle simmer. Cook for 5 minutes. Turn the chicken over and add the asparagus. Cook for 3 minutes. Chop the remaining tarragon.

4 Stir the sour cream and chopped tarragon into the pan with the chicken. Cook for 1-2 minutes or until heated through. Serve with the potatoes.

NUTRITIONAL INFO

PER SERVE 1210kJ (289Cal), **protein** 32g, **total fat** 10g (sat. fat 3g), **carbs** 14g, **fibre** 4g, **sodium** 295mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO LC

HEALTHY SALAD NIÇOISE

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A LIGHT MEAL)

200g Zerella Baby Spud Lite Potatoes, halved
2 x 60g eggs, at room temperature
100g green beans, trimmed
1 baby cos lettuce, leaves separated and washed
8 cherry tomatoes, halved
6 anchovies in olive oil, drained well, patted dry with paper towel
197g can tuna in spring water, drained
2 tbsp 97% fat mayonnaise or gluten-free mayonnaise

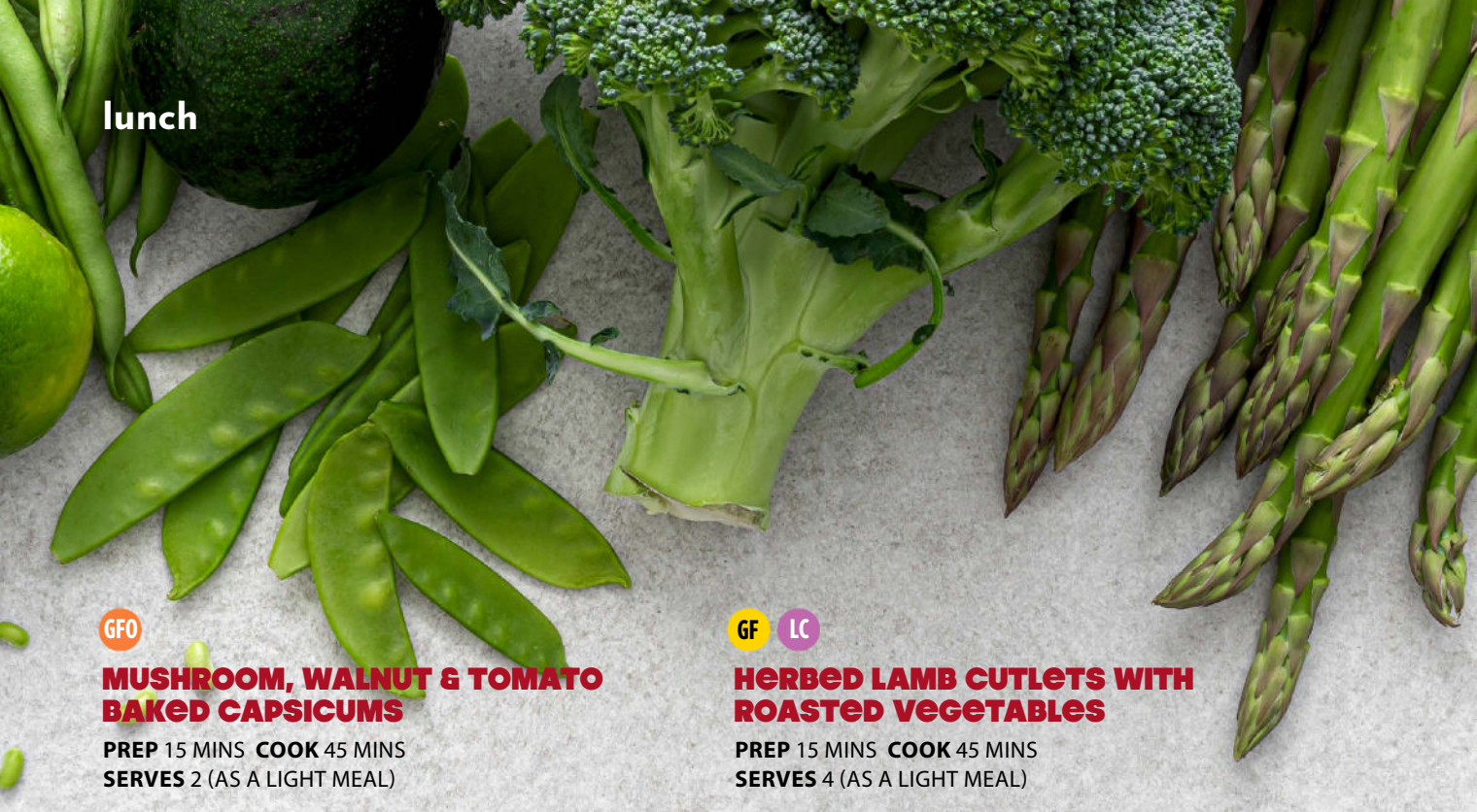
1 Bring a large saucepan of water to the boil. Add the potatoes and eggs and cook for 7 minutes. Use a large slotted spoon to remove the eggs from the pan. Add the green beans and cook for a further 4 minutes. Drain the potatoes, beans and eggs into a colander and rinse under cold running water until cool. Set aside to drain.

2 Peel the eggs and cut each egg into quarters. Arrange the lettuce leaves in two shallow bowls. Scatter over the beans, potatoes, tomatoes, anchovies and egg quarters.

3 Flake the tuna into chunks and scatter over the salad. Mix the mayonnaise with 1 tbsp cold water in a small bowl until smooth. Drizzle over the salad and serve.

NUTRITIONAL INFO

PER SERVE 1130kJ (270Cal), **protein** 29g, **total fat** 8g (sat. fat 2g), **carbs** 18g, **fibre** 4g, **sodium** 1060mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**



GFO

MUSHROOM, WALNUT & TOMATO BAKED CAPSICUMS

PREP 15 MINS **COOK** 45 MINS
SERVES 2 (AS A LIGHT MEAL)

1 tsp olive oil
175g Swiss brown mushrooms, finely chopped
Freshly ground black pepper
1 clove garlic, crushed
8 sundried tomato pieces in oil, drained well
40g (¼ cup) dried white breadcrumbs or gluten-free breadcrumbs
1½ tbsp walnuts, roughly chopped
Small bunch flat-leaf parsley, leaves finely chopped
¼ tsp dried chilli flakes
4 tsp fresh pesto or gluten-free pesto
2 small red or yellow capsicums
1 cup mixed salad leaves, to serve

1 Preheat oven to 200°C (fan-forced). Line a small roasting tin with foil. Heat the oil in a large non-stick frying pan over high heat. Add the mushrooms and cook, stirring often, for 5 minutes. Season with pepper. Remove the pan from the heat. Stir in the garlic, tomato pieces, breadcrumbs, walnuts, parsley, chilli flakes and pesto.

2 Cut the capsicums in half from top to bottom. Carefully remove the seeds and membrane. Place in the lined roasting tin and fill with the mushroom stuffing. Cover the top of the stuffing with a small piece of foil. Bake for 35-40 minutes or until tender. Serve with the salad leaves.

NUTRITIONAL INFO

PER SERVE 1400kJ (335Cal), **protein** 14g, **total fat** 15g (sat. fat 2g), **carbs** 29g, **fibre** 12g, **sodium** 282mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GF LC

HERBED LAMB CUTLETS WITH ROASTED VEGETABLES

PREP 15 MINS **COOK** 45 MINS
SERVES 4 (AS A LIGHT MEAL)

2 capsicums (any colour), cut into chunky pieces
1 large (420g) orange sweet potato, cut into chunky pieces
2 zucchini, sliced into chunks
1 red onion, cut into wedges
1 tbsp olive oil
Freshly ground black pepper
8 (250g) lean lamb cutlets, trimmed of fat
1 tbsp thyme leaves, chopped
2 tbsp mint leaves, chopped

1 Preheat oven to 200°C (fan-forced). Line a large baking tray with non-stick baking paper. Put the capsicums, sweet potato, zucchini and onion on the lined baking tray. Drizzle over the oil. Season with ground black pepper. Roast for 25 minutes.

2 Put the thyme and mint leaves in a small bowl. Season with pepper. Spread over both sides of the lamb.

3 Remove the vegetables from the oven. Turn the vegetables over and push to one side of the tray. Put the cutlets on the hot tray and return to the oven for 10 minutes.

4 Turn the cutlets and cook for a further 5-10 minutes or until the vegetables and lamb are tender and lightly charred. Mix everything together on the tray and serve.

NUTRITIONAL INFO

PER SERVE 1190kJ (285Cal), **protein** 19g, **total fat** 11g (sat. fat 3g), **carbs** 24g, **fibre** 8g, **sodium** 59mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

These festive cocktails are the perfect party starter to share with family and friends

cheers!

HOW OUR FOOD WORKS FOR YOU see page 88

GF

CIDER MIMOSA

Fill a large jug halfway with ice. Pour in 690ml 5 Seeds Apple Cider. Add 125ml (½ cup) sparkling mineral water with 70ml pulp-free fresh orange juice and 3 orange slices. Mix well, then pour in 1 tbsp grenadine just before serving. **SERVES 4.**

NUTRITIONAL INFO

PER SERVE 484kJ (116Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 16g, **fibre** 1g, **sodium** 29mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF LC

TEQUILA & KOMBUCHA COOLER

Fill a large jug halfway with ice. Pour in 200ml tequila, 3 x 330ml cans Nexba Kombucha, Apple, Pear & Ginger and 3 red apple slices. Mix well before serving. **SERVES 6.**

NUTRITIONAL INFO

PER SERVE 320kJ (77Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 1g, **fibre** 4g, **sodium** 3mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GF LC

PEACH, TEA & BOURBON SLUSHIE

Steep 2 English breakfast tea bags in 500ml (2 cups) boiling water for 5 minutes, then mix in 2 tsp sugar and cool. Chop 3 peaches into bite-size pieces and mix with the tea and 300ml bourbon. Pour into a blender and blitz until smooth. Pour into a plastic container and freeze for 2 hours or until it's a pourable, slushie-like consistency. Stir, then pour into a large jug and serve. **SERVES 6.**

NUTRITIONAL INFO

PER SERVE 574kJ (137Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 7g, **fibre** 1g, **sodium** 3mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

CUCUMBER & JALAPEÑO MARGARITA

Infuse 1 chopped jalapeño in 300ml tequila for 30 minutes. Meanwhile, blitz 1 cucumber in a small food processor. Sieve to remove the pulp, pressing gently with a spatula to extract the juice. Fill a large jug halfway with ice. Pour in the cucumber juice, 100ml orange liqueur and 100ml fresh lime juice. Mix well. Serve in glasses with citrus-chilli salt rims (rub 1 lime wedge on the rims, then press into a mix of mild chilli powder and sea salt flakes). **SERVES 6.**

NUTRITIONAL INFO

PER SERVE 579kJ (138Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 2g, **fibre** 1g, **sodium** 383mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

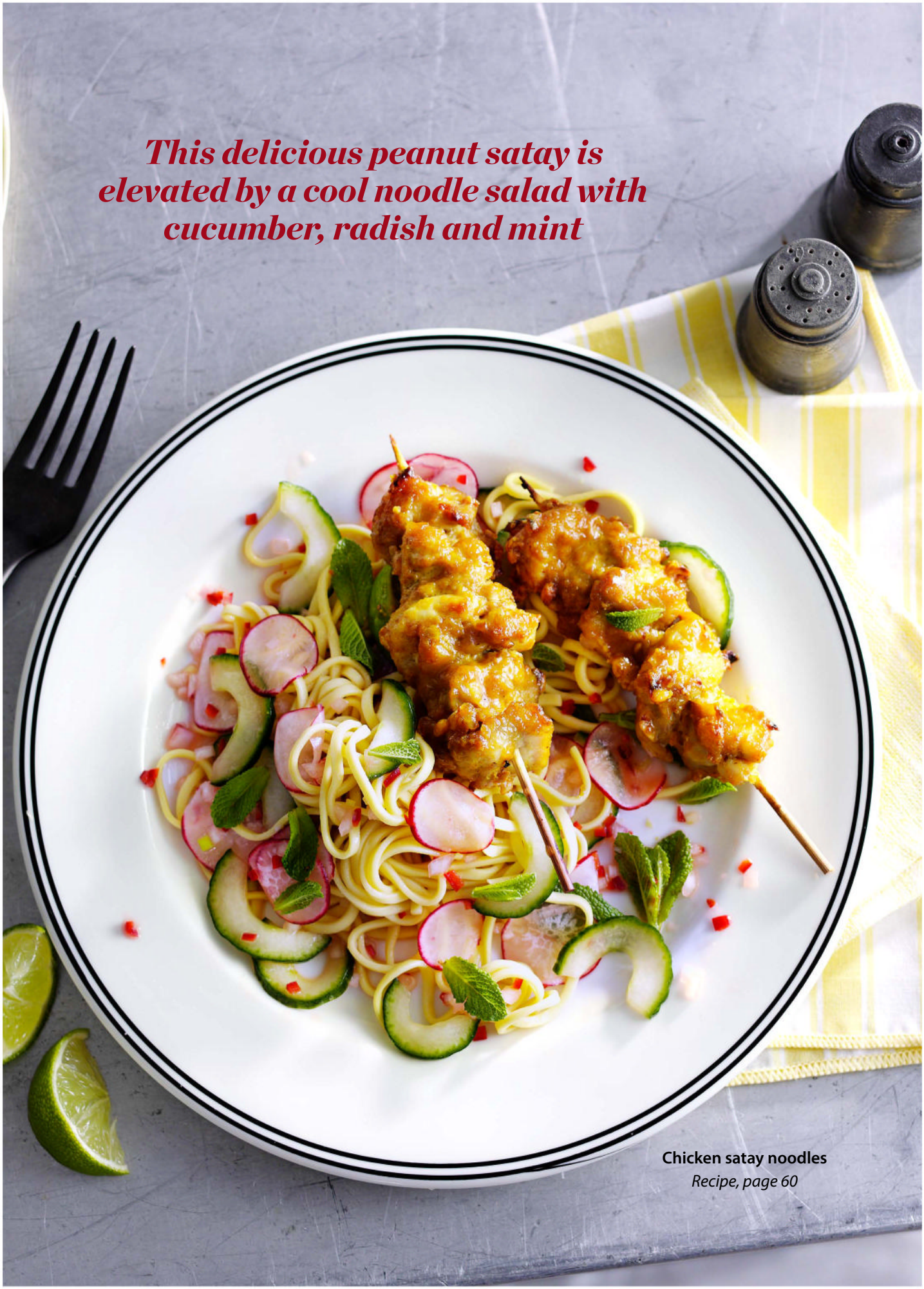
Home alone tonight but still want to eat well? Dine in style with these delicious dinners made for one

GOING SOLO

HOW OUR FOOD WORKS FOR YOU
see page 88

Baked sweet potato with smoky beans
Recipe, page 58

This delicious peanut satay is elevated by a cool noodle salad with cucumber, radish and mint



Chicken satay noodles

Recipe, page 60

Coconut & ginger fish parcels
Recipe, page 60

GF

BAKED SWEET POTATO WITH SMOKY BEANS

PREP 10 MINS **COOK** 1 HOUR
SERVES 1 (AS A MAIN)

1 large (200g) orange sweet potato
1 tbsp olive oil
½ brown onion, finely chopped
2 tsp red wine vinegar
½ tsp smoked paprika, plus an extra pinch
½ x 400g can no-added-salt chopped tomatoes
420g can no-added-salt four bean mix, rinsed and drained
Freshly ground black pepper
2 tbsp reduced-fat Greek yoghurt

1 Preheat oven to 180°C (fan-forced). Place the sweet potato on a tray lined with non-stick baking paper. Bake the sweet potato for 45 minutes - 1 hour or until tender (or microwave it on High/100% for 5 minutes if you are short on time).

2 Heat the oil in a small non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes. Stir in the vinegar, ½ paprika, tomatoes and beans. Simmer for 5-10 minutes or until the sauce thickens. Season with pepper.

3 Split the potato down the middle. Use a fork to mash the insides, then top with half the beans (see Cook's tip). Top with yoghurt and a pinch of paprika.

NUTRITIONAL INFO

PER SERVE 1780kJ (425Cal), **protein** 16g, **total fat** 12g (sat. fat 2g), **carbs** 55g, **fibre** 16g, **sodium** 82mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**

COOK'S TIP

Put the remaining bean mixture into a small airtight container and keep in the fridge for the next day. Serve as a side to poached eggs and a slice of grainy toast for breakfast.

GF LC

CHILLI, CHEESE & GARLIC MUSHROOM OMELETTE

PREP 15 MINS **COOK** 10 MINS
SERVES 1 (AS A MAIN)

2 tsp light margarine
150g swiss brown mushrooms, sliced
2 green shallots, chopped
1 red chilli, deseeded and finely chopped
1 clove garlic, crushed
3 x 60g eggs, whisked
Freshly ground black pepper
40g (⅓ cup) grated reduced-fat cheese
Handful rocket leaves

1 Heat half the margarine in a small non-stick frying pan over medium heat. Add the mushrooms and cook, stirring occasionally, for 3-4 minutes or until the mushrooms soften and most of the liquid is absorbed.

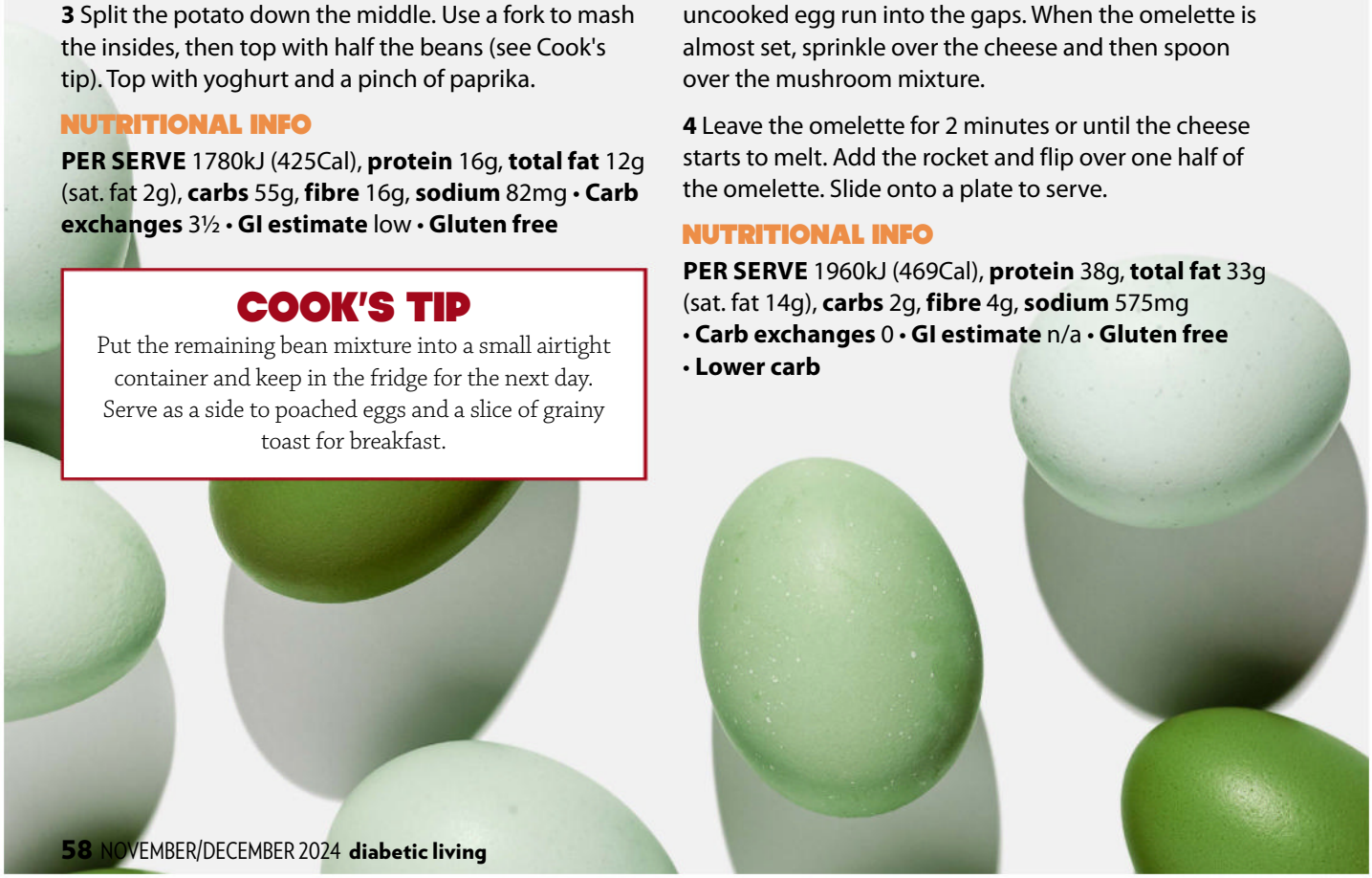
2 Add the green shallots, chilli and garlic to the pan. Cook, stirring occasionally, for 3-4 minutes or until softens. Season with pepper. Transfer to a plate.

3 Wipe the pan out with paper towel. Heat the remaining margarine in the pan. Season the eggs with pepper and pour into the frying pan. Cook, gently, drawing in the sides of the omelette, letting the uncooked egg run into the gaps. When the omelette is almost set, sprinkle over the cheese and then spoon over the mushroom mixture.

4 Leave the omelette for 2 minutes or until the cheese starts to melt. Add the rocket and flip over one half of the omelette. Slide onto a plate to serve.

NUTRITIONAL INFO

PER SERVE 1960kJ (469Cal), **protein** 38g, **total fat** 33g (sat. fat 14g), **carbs** 2g, **fibre** 4g, **sodium** 575mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**



Chilli, cheese & garlic mushroom omelette
Recipe, opposite

GFO

CHICKEN SATAY NOODLES

PREP 25 MINS (+ 15 MINS MARINATING) **COOK** 15 MINS
SERVES 1 (AS A MAIN)

¼ tsp ground coriander
¼ tsp ground cumin
Large pinch ground turmeric
1½ tbsp light peanut butter
2 green shallots, finely chopped
2 tsp fish sauce
150g skinless and boneless chicken thigh fillets, trimmed of fat, cut into chunks
Juice of ½ lime
½ tsp sugar
1 red chilli, deseeded and finely chopped
3 radishes, sliced
1 Lebanese cucumber
Small handful mint leaves
60g Wokka Thin egg noodles or gluten-free noodles, prepared following packet directions

1 Combine the coriander, cumin, turmeric, peanut butter, ½ the green shallots, 1 tsp fish sauce and 1-2 tbsp boiling water in a shallow dish. Add the chicken and toss to coat. Set aside for 15 minutes to marinate.

2 Halve the cucumber lengthways, remove the seeds and slice. Combine the lime juice, sugar, chilli, remaining fish sauce and shallots in a bowl. Add the radishes, cucumber and mint. Toss to combine.

3 Preheat a chargrill on medium-high. Divide the chicken pieces between two small bamboo or metal skewers (see Cook's tip). Grill for 4-5 minutes each side, brushing with the sauce, or until cooked through.

4 Add the noodles to the salad and toss to combine. Serve with the skewers.

NUTRITIONAL INFO

PER SERVE 2250kJ (538Cal), **protein** 40g, **total fat** 26g (sat. fat 6g), **carbs** 33g, **fibre** 7g, **sodium** 1180mg
• **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

COOK'S TIP

If using bamboo skewers, soak in cold water for 30 minutes to prevent the skewers from burning when cooking.

GF LC

COCONUT & GINGER FISH PARCELS

PREP 10 MINS **COOK** 20 MINS
SERVES 1 (AS A MAIN)

Small handful coriander leaves
½ clove garlic
Juice of ½ lemon
Small piece ginger, finely chopped
½ green chilli, deseeded and roughly chopped
2 tbsp desiccated coconut
¼ tsp ground cumin
Freshly ground black pepper
2 tsp light margarine
1 piece (150g) skinless and boneless white fish fillet
2 baby bok choy, quartered, steamed, to serve
½ tsp sesame oil, for drizzling

1 Preheat oven to 180°C (fan-forced). Put the coriander, garlic, lemon juice, ginger and chilli in a small food processor. Process to a paste. Scrape into a small bowl. Stir in the coconut and cumin. Season with pepper.

2 Tear off a large piece of foil and spread with half the margarine. Add 2 tbsp of the coconut mixture onto the foil, then top with the fish. Spoon over the rest of the mixture. Dot with remaining margarine. Seal the parcel and place on a baking tray.

3 Bake parcel for 15-20 minutes, depending on the thickness of the fish. After 15 minutes, check if it's cooked.

4 Place the bok choy on a serving plate and drizzle with the sesame oil. Sit the fish on top to serve.

NUTRITIONAL INFO

PER SERVE 1400kJ (336Cal), **protein** 36g, **total fat** 17g (sat. fat 11g), **carbs** 4g, **fibre** 9g, **sodium** 242mg
• **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Turkey filo dippers
Recipe, page 64

Get your fill of filo! This versatile pastry adds a gorgeous crispiness to tarts and pies – just remember to put a damp tea towel over the sheets so they don't dry out

HOW OUR FOOD WORKS FOR YOU
see page 88

ADOPT A NEW FILO-SOPHY

HERBY CHICKEN POT PIE

PREP 10 MINS **COOK** 30 MINS
SERVES 6 (AS A MAIN)

2 tbsp olive oil, plus a little extra for brushing over the pastry
1 bunch green shallots, sliced into 3cm pieces
250g frozen spinach
400g leftover cooked skinless and boneless chicken breast fillet, shredded
350ml salt-reduced chicken stock, hot
2 tsp wholegrain mustard
200g frozen peas
200g light sour cream
½ small bunch tarragon, leaves finely chopped
Small bunch flat-leaf parsley, finely chopped
270g filo pastry
2 carrots, cut into sticks, steamed, to serve
240g green beans, steamed, to serve

1 Preheat oven to 180°C (fan-forced). Heat the 2 tbsp oil in a large, shallow ovenproof casserole dish over medium heat. Add the green shallots and cook, stirring, for 2 minutes. Add the frozen spinach and cook, stirring, for 2 minutes or until it's starting to wilt. Add the chicken, stock and mustard to the pan. Bring to a simmer and cook, stirring occasionally, for 5 minutes.

2 Stir the peas, sour cream and chopped herbs into the pan. Remove the pan from the heat. Scrunch the filo pastry sheets over the mixture to cover. Brush the filo sheets with a little extra oil and bake for 15-20 minutes or until golden brown.

NUTRITIONAL INFO

PER SERVE 1840kJ (440Cal), **protein** 30g, **total fat** 18g (sat. fat 6g), **carbs** 35g, **fibre** 9g, **sodium** 558mg • **Carb exchanges** 2½ • **GI estimate** low

LC

PORK, APPLE & SAGE ROLL

PREP 20 MINS **COOK** 40 MINS
SERVES 4 (AS A LIGHT MEAL)

1 tbsp olive oil
1 brown onion, finely chopped
1 medium apple, peeled, cored and cut into 1.5cm chunks
3 sheets filo pastry
450g lean pork mince
1 tbsp finely chopped sage
120g mixed salad leaves, to serve

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with non-stick baking paper. Heat 1 tsp of the oil in a small non-stick saucepan. Add the onion and apple and cook, stirring occasionally, for 6-8 minutes or until softened and lightly browned. Set aside to cool for 5 minutes.

2 Place a sheet of pastry on a clean work surface, with the short end closest to you, and brush lightly with oil. Place another sheet on top, but off-set roughly 6cm to the right, and brush with a little more oil. Top with the final sheet, off-set another 6cm to the right. The pastry rectangle should be roughly 40cm x 45cm.

3 Put the pork mince into a large bowl. Add the onion, apple and sage. Mix well. Form the pork mixture into a large sausage shape and place across the pastry, about 8cm in from one short end and 8cm from each side.

4 Fold up the bottom of the pastry until it begins to cover the filling, then fold in the sides. Roll the pastry from the bottom, gently but firmly, to enclose the filling. Place on the lined tray and brush with the remaining oil. Bake for 30 minutes or until the filling is cooked and the pastry is golden brown and crisp. Serve with salad leaves.

Pork, apple & sage roll
Recipe, opposite

NUTRITIONAL INFO

PER SERVE 1050kJ (251Cal), **protein** 27g, **total fat** 10g (sat. fat 3g), **carbs** 14g, **fibre** 4g, **sodium** 71mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

LC

TURKEY FILO DIPPERS

PREP 30 MINS **COOK** 15 MIN
SERVES 12 (AS A SNACK OR CANAPE)

3 sheets filo pastry
4 tbsp olive oil
1½ tsp sesame seeds (optional)
6 tbsp Thai sweet chilli sauce, to serve

FILLLING
250g turkey or chicken breast mince
6 green shallots, trimmed and finely sliced
2cm piece ginger, peeled and finely grated
2 cloves garlic, crushed
1 tbsp Thai red curry paste
1 tbsp Thai fish sauce
2 lime leaves, very finely sliced or zest 1 lime

1 To make the filling, put all the ingredients in a small bowl. Mix until thoroughly combined. Cut each sheet of filo pastry into four evenly sized rectangles. Make 12 rectangles and cover with a damp tea towel to stop them drying out.

2 Preheat oven to 180°C (fan-forced). Line a baking tray with non-stick baking paper.

3 Brush one of the rectangles lightly with oil. With one of the shortest sides facing you, spoon 1 level tbsp of the filling across the pastry 2cm up from the bottom of the rectangle and around 1cm in from both sides. Form into a sausage shape. Fold in the bottom over the filling, then fold in the two long sides all the way up the rectangle. Roll up from the short side close to you, fully enclosing the filling. Place the roll on the lined baking tray. Repeat as above to make a further 11 filo rolls. Brush with more oil and sprinkle with the sesame seeds.

4 Bake the dippers for 10-15 minutes or until the pastry is light golden brown and the filling is cooked thoroughly. Serve with sweet chilli sauce.

NUTRITIONAL INFO

PER SERVE 547kJ (131Cal), **protein** 6g, **total fat** 7g (sat. fat 1g), **carbs** 11g, **fibre** 1g, **sodium** 490mg • **Carb exchanges** ½ • **GI estimate** high • **Lower carb**

LC

CRISPY FILO TART WITH SEASONAL VEG

PREP 25 MINS **COOK** 50 MIN
SERVE 6 (AS A MAIN MEAL)

3 tbsp olive oil
8 sheets filo pastry
50g (⅓ cup) dried breadcrumbs
100g asparagus, sliced in half lengthways if very thick
2 zucchini, sliced
Freshly ground black pepper
6 x 60g eggs, whisked
Zest of 2 lemons
Small handful of parsley, mint or basil (or a mixture), roughly chopped
200g light sour cream
200g reduced-fat feta, crumbled

SALAD
120g mixed salad leaves
1 avocado, sliced
200g cherry tomatoes
1 Lebanese cucumber, sliced
Squeeze lemon juice

1 Preheat oven to 160°C (fan-forced). Line a baking tray with non-stick baking paper and place in the oven to preheat. Use a little oil to lightly grease an 18cm x 25cm tart tin (with removable base). Line with a few strips of non-stick baking paper – this will help you to lift out the tart later.

2 Unfold the pastry, but keep it covered with a damp tea towel as you work, to prevent it drying out. Taking one sheet at a time, brush each with oil, then use to line the tin, leaving some pastry overhanging. Sprinkle a thin layer of breadcrumbs between each layer. At the final layer, brush with a little extra oil and scrunch the edges together to make a border.

3 Put the asparagus, zucchini and remaining oil in a bowl. Season with pepper and toss to combine. Transfer onto the preheated baking tray. Put the pastry on the oven's top shelf, with the vegetables below and cook for 10 minutes.

4 Remove the vegetables from the oven. Brush the tart with a little beaten egg and bake for 5 minutes more until golden brown and crunchy.

5 Whisk the remaining egg with the lemon zest, herbs and sour cream in a bowl. Season with pepper. Lay half the vegetables in the pastry case and add half the feta. Pour over the egg mixture, then top with the remaining vegetables and feta. Bake for 40 minutes or until set.

6 To make the salad; toss all the ingredients in a bowl.

7 Remove the tart from the oven and set aside to cool. Sprinkle with pepper and serve with the salad.

NUTRITIONAL INFO

PER SERVE 1600kJ (383Cal), **protein** 15g, **total fat** 25g (sat. fat 9g), **carbs** 20g, **fibre** 6g, **sodium** 557mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Crispy filo tart with seasonal veg *Recipe, opposite*

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Don't feel like you need to go without during the festive season! This Christmas feast serves ten people (invite the whole fam), is comparatively low in kilojoules, whilst still being delicious and visually appealing. It's also friendly on the hip pocket, with each serve coming in at around $10. Raise your glasses to that!

MENU FOR 10

Christmas ON A BUDGET

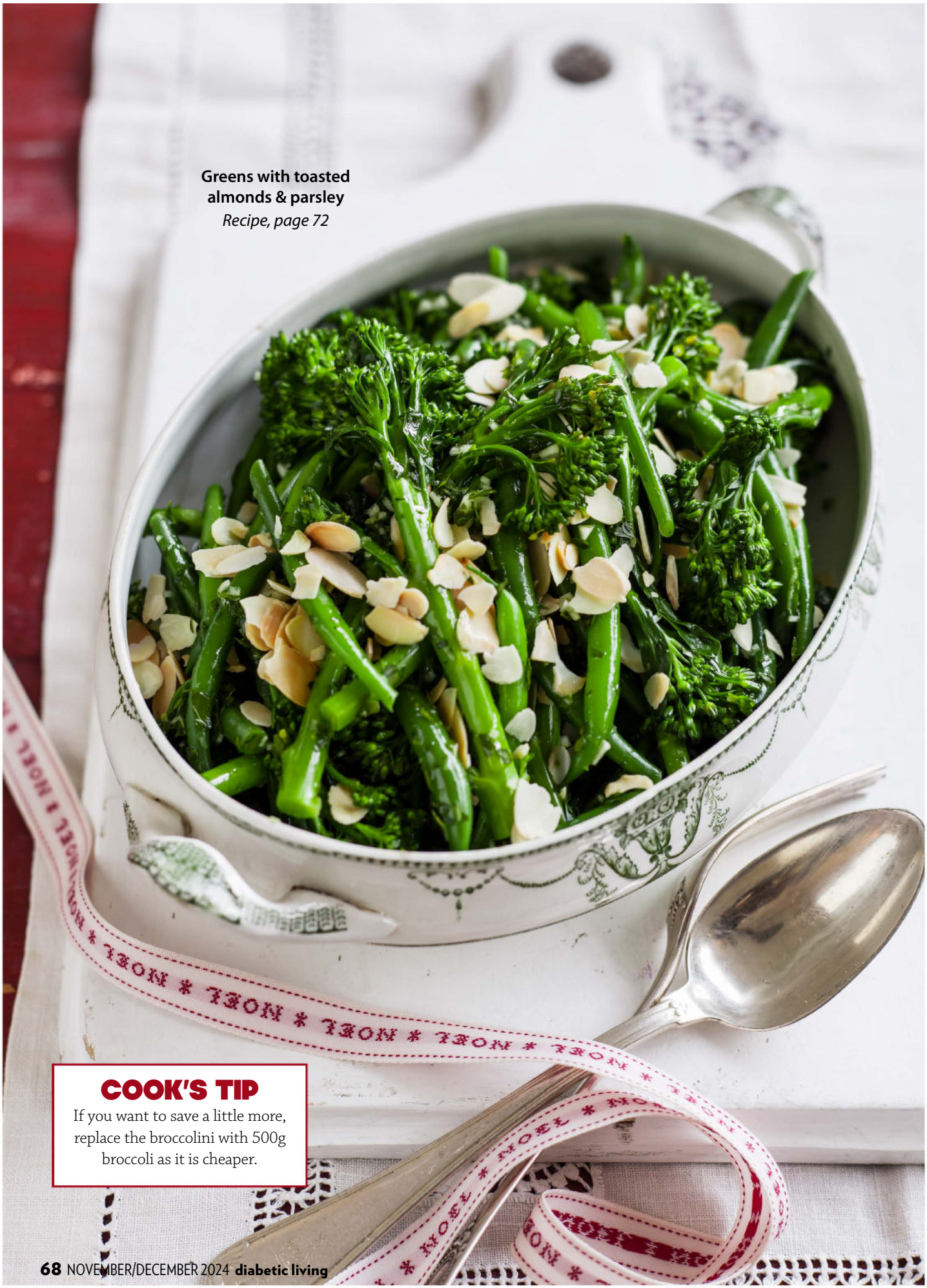
• Pork with cherry and pistachio stuffing • Cauliflower and potato bake
• Greens with toasted almonds and parsley • Sangria
• Spiced Christmas pavlova

Sangria
Recipe, page 70

COOK'S TIP

You don't need an expensive bottle of wine for this recipe. We used a clear skin red from the local bottle shop, costing around $4-5

Pork with cherry and pistachio stuffing
Recipe, page 70



Greens with toasted almonds & parsley
Recipe, page 72

COOK'S TIP

If you want to save a little more, replace the broccolini with 500g broccoli as it is cheaper.

Cauliflower & potato bake
Recipe, page 70

GF

SANGRIA

PREP 15 MINS (+30 MINS COOLING AND 4 HRS CHILLING) **COOK** 10 MINS
SERVES 10 (AS A DRINK)

750ml bottle red wine (see Cook's tip)
1 cinnamon stick, broken
80g (⅓ cup) caster sugar or ⅓ cup granulated sugar substitute
2 oranges, skin and white pith removed, chopped
1 lemon, skin and white pith removed, chopped
60ml (¼ cup) brandy
500ml (2 cups) chilled soda water
Ice cubes, to serve

1 Put the red wine, cinnamon stick and sugar in a medium saucepan. Stir over medium heat until the sugar dissolves and the mixture is warm. Add the oranges, lemon and the brandy. Set aside for 30 minutes to cool slightly.

2 Transfer the wine mixture to a large jug. Place in fridge for 4 hours, or until well chilled.

3 To serve, pour the soda water into the jug with the wine. Stir well.

NUTRITIONAL INFO

PER SERVE 488kJ (117Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 11g, **fibre** 1g, **sodium** 10mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free**

GFO LC

PORK WITH CHERRY AND PISTACHIO STUFFING

PREP 20 MINS **COOK** 50 MINS
SERVES 10 (AS A MAIN)

1.5kg piece pork loin, skin removed, some fat removed, pocket slit in the middle (see Cook's tip)
1 tsp olive oil
Freshly ground black pepper

STUFFING
125g cherries, pitted, finely chopped
70g (1 cup) fresh breadcrumbs made from Italian bread or gluten-free bread
2 tbsp unsalted shelled pistachio nuts, finely chopped
2 cloves garlic, crushed
2 tbsp finely chopped or shredded fresh sage
Zest and juice of 1 lemon
1 x 60g egg, lightly whisked

1 Preheat oven to 190°C (fan-forced). Line a roasting tin with non-stick baking paper.

2 To make the stuffing, put the cherries, breadcrumbs, pistachio nuts, garlic, sage, lemon zest, juice and egg in a small bowl. Season with pepper. Mix until well combined.

2 Use a small spoon to push the stuffing into the pocket in the pork. Use kitchen string to tie up the pork at regular intervals to secure. Heat the oil in a large non-stick frying pan over medium-high heat. Add the pork and cook for 3-4 minutes, turning often, or until well browned. Transfer to the lined tin.

3 Roast pork for 45 minutes or until juices run slightly pink when a skewer is inserted into the pork. Transfer pork to a carving tray, cover loosely with foil and set aside for 10 minutes to rest.

4 Carve the pork and serve with the cauliflower and potato bake and broccolini.

COOK'S TIP

Ask your butcher to remove the skin off the piece of pork loin, just leaving a thin layer of fat, also ask them to cut a pocket in the centre of the pork to put the stuffing in. You will also find if you make the stuffing first and take it up to your butcher they are more than likely to stuff and tie it for you, making your Christmas day even easier!

NUTRITIONAL INFO

PER SERVE (pork & stuffing) 941kJ (225Cal), **protein** 35g, **total fat** 6g (sat. fat 2g), **carbs** 7g, **fibre** 2g, **sodium** 129mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO

CAULIFLOWER & POTATO BAKE

PREP 15 MINS **COOK** 2 HOURS
SERVES 10 (AS AN ACCOMPANIMENT)

1 (700g) whole cauliflower, leaves and base trimmed
1kg Zerella Spud Lite potatoes
250ml (1 cup) low-fat milk, hot
1 reduced-salt chicken stock cube or gluten-free stock cube, crumbled
1 tbsp plain flour or gluten-free plain flour
300ml carton light sour cream
Freshly ground black pepper
110g (1 cup) finely grated 30% reduced-fat grated cheese

1 Place the cauliflower in a large steamer basket over a saucepan of simmering water. Cover and steam for 15-20 minutes or until the cauliflower is just tender. Transfer to a board and set aside to cool. Add the potatoes to the steamer basket and steam for 10 minutes. Transfer to the board to cool.

2 Preheat oven to 170°C (fan-forced). Spray a 21 x 32cm (base

Suggested serving size per person

NUTRITIONAL INFO

PER SERVE (whole menu) 2980kJ (712Cal), **protein** 50g, **total fat** 16g (sat. fat 6g), **carbs** 67g, **fibre** 11g, **sodium** 377mg • **Carb exchanges** 4½ • **GI estimate** medium • **Gluten-free option**

measurement), 2.8L ovenproof dish with cooking spray. Slice the cauliflower from the top to the base in 1cm-thick slices. Cut the potatoes lengthways into 1cm-thick slices.

3 Put the milk and stock cube in a jug. Mix until the stock cube dissolves. Set aside for 10 minutes to cool. Put the flour in a medium bowl and whisk in a little of the sour cream until smooth. Whisk in the remaining sour cream and the milk mixture.

4 Place a layer of cauliflower and a layer of potato in the dish. Sprinkle with pepper and pour over a little of the milk mixture. Continue to layer with the remaining cauliflower, potato and pepper. Pour the remaining milk mixture over the top of the potato.

5 Cover the dish with a piece of non-stick baking paper and foil. Bake for 1 hour. Remove the foil and paper and sprinkle with the cheese. Bake for a further 30-40 minutes, or until the potato is very tender and the top is light golden brown. Set aside for 10 minutes before cutting.

NUTRITIONAL INFO

PER SERVE 520kJ (124Cal), **protein** 7g, **total fat** 4g (sat. fat 2g), **carbs** 14g, **fibre** 2g, **sodium** 174mg • **Carb exchanges** 1 • **GI estimate** high • **Gluten-free option**

GFO LC

GREENS WITH TOASTED ALMONDS & PARSLEY

PREP 10 MINS **COOK** 15 MINS
SERVES 10 (AS AN ACCOMPANIMENT)

35g (⅓ cup) flaked almonds
350g beans, trimmed, halved diagonally (if you like, or keep whole)
3 bunches broccolini, trimmed (see Cook's tip)
Zest of 1 lemon
1 bunch continental parsley, leaves finely chopped
2 cloves garlic, finely chopped
Freshly ground black pepper
1 tbsp extra virgin olive oil
1 lemon, cut into wedges

1 Preheat oven to 170°C (fan-forced). Spread the almonds out over a baking tray. Bake for 7-8 minutes, stirring once, until the almonds are lightly toasted. Set aside to cool.

2 Put the beans and broccolini in a large steamer basket (or do in 2 separate batches) over a saucepan of simmering water. Cover and steam for 3-4 minutes or until vegetables are tender crisp.

3 Combine the lemon zest, parsley and garlic in a large bowl. Add the warm vegetables and toss to combine. Transfer the greens to a large serving platter. Sprinkle with the toasted almonds and drizzle with the oil. Serve with the lemon wedges.

NUTRITIONAL INFO

PER SERVE 282kJ (67Cal), **protein** 3g, **total fat** 4g (sat. fat 0g), **carbs** 3g, **fibre** 3g, **sodium** 12mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GF

SPICED CHRISTMAS PAVLOVAS

PREP 20 MINS (+ 1 HOUR COOLING)
COOK 50 MINS **SERVES** 10 (AS A DESSERT)

350g Farmers Union Greek Style Yogurt with a Hint of Vanilla Bean
16 strawberries, sliced
8 passionfruit, halved

PAVLOVAS
5 x 60g eggwhites, at room temperature
275g (1 cup) caster sugar
1½ tsp vanilla extract
1¼ tsp ground cinnamon
½ tsp mixed spice

1 To make the pavlovas: Preheat oven to 150°C (fan-forced). Line two baking trays with non-stick baking paper. Draw ten x 8cm circles on the baking paper and turn paper pencil side down onto the tray.

2 Using electric beaters, whisk the eggwhites until soft peaks form. Add the sugar a tablespoon at a time, whisking well between each addition until the sugar dissolves. Once all the sugar has been added continue whisking for a further 2 minutes. Fold in the vanilla extract, cinnamon and mixed spice.

3 Divide the meringue between the circles on the paper and spread out. Add the meringues to the oven and reduce oven temperature to 120°C. Bake for 40 minutes or until the meringues are dry and crisp. Turn off the oven and leave the meringues in the oven to cool for 1 hour. Set aside for 30 minutes before transferring to a wire rack to cool.

4 To serve, place a meringue on each serving plate. Spoon a little of the yoghurt over the top of each meringue. Top with the strawberries and passionfruit pulp. Serve.

NUTRITIONAL INFO

PER SERVE 748kJ (179Cal), **protein** 4g, **total fat** 3g (sat. fat 2g), **carbs** 33g, **fibre** 3g, **sodium** 52mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

RECIPES BY ALISON ROBERTS AND JOANNE TURNER STYLING MARIE-HELENE CLAUZON
PHOTOGRAPHY BEN DEARNLEY FOOD PREPARATION KERRIE RAY

Spiced Christmas pavlovas
Recipe, opposite

GIFTS *made with love*

Homemade goodies like these make the perfect last-minute Christmas present or to include as part of a larger gift hamper

HOW OUR FOOD WORKS FOR YOU
see page 88

APPLE, CARDAMOM & GINGER GRANOLA

PREP 10 MINS **COOK** 30 MINS
MAKES 1 LARGE JAR (SERVES 10)

100g mixed nuts (we used whole hazelnuts, pistachios, almonds and pecans)
15 cardamom pods, or ½ tsp ground cardamom
2½ tbsp light olive oil
125ml (½ cup) sugar-free maple syrup
80ml (⅓ cup) honey
2 tsp vanilla extract
60g Buderim Ginger Naked Ginger, chopped
270g (3 cups) rolled oats
50g (⅓ cup) mixed seeds (we used sunflower, pumpkin and linseed)
1 tsp ground cinnamon
50g (¼ cup) soft dried apples, roughly chopped
50g (¼ cup) raisins or Ocean Spray 50% Less Sugar Craisins

1 Preheat oven to 140°C (fan-forced). Line a large baking tray with non-stick baking paper. Roughly chop the nuts, leaving plenty of chunky pieces. Crack open the cardamom pods and lightly grind the seeds using a mortar and pestle to release their aroma.

2 Combine the oil, maple syrup, honey and vanilla in a large bowl. Add the chopped ginger, oats, seeds, cinnamon, chopped nuts and cardamom. Mix everything together until well coated in the syrup mixture.

3 Tip the granola onto the baking tray and spread out evenly. Bake for 20 minutes, then stir and return to the oven for a further 10 minutes. For chunky granola, leave to cool without stirring, then break up into pieces. If you prefer a finer texture, stir from time to time as the granola cools. Mix in the apples and raisins.

NUTRITIONAL INFO

PER SERVE 1320kJ (316Cal), **protein** 7g, **total fat** 15g (sat. fat 2g), **carbs** 37g, **fibre** 5g, **sodium** 11mg • **Carb exchanges** 2½ • **GI estimate** low

SERVING SUGGESTION

Gift this granola at Christmas for a thoughtful present. Packed with dried fruit, nuts and ginger, it will keep in an airtight container for up to a month.

GF

NO COOK SPICED APPLE CHUTNEY

PREP 15 MINS
MAKES 500ML (2 CUPS)

2 large apples, peeled, cored, diced
1 red onion, finely chopped
135g (¾ cup) sultanas
80ml (⅓ cup) red wine vinegar
2 tbsp dark brown sugar
½ tsp ground ginger
¼ tsp ground cumin
Pinch of cayenne pepper
Freshly ground black pepper

1 Put the apples, onions, sultanas, vinegar, sugar, ginger, cumin and cayenne pepper in a bowl. Season with pepper. Stir until well combined.

2 Pour the apple mixture into a 500ml (2 cup) sterilised jar (see Cook's tip). Close and put the chutney in the fridge. Leave for 2-3 days, shaking once a day, before eating. Keep in the fridge for 1-2 weeks.

NUTRITIONAL INFO

PER SERVE (1 tbsp) 117kJ (28Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 6g, **fibre** 1g, **sodium** 2mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free**

SERVING SUGGESTION

Serve with chargrilled or roasted pork or chicken. Or use a little on your favourite sandwich.

GF LC

MARINATED GOAT'S CHEESE

PREP 10 MINS (+ 2 DAYS MARINATING)
SERVES 10 (AS PART OF A SNACK OR MEAL)

350ml good quality olive oil (not extra virgin olive oil), plus extra for greasing
200g goat's cheese
3 strips lemon zest, white pith removed
3 sprigs thyme
1 red chilli, pierced a few times with a sharp knife
1 tsp fennel seeds

1 Sterilise a 500g jar (see Cook's tip). Oil your hands well, then break the goat's cheese into 4 pieces and roll into balls.

2 Place the cheese balls in the jar. Pack the lemon zest, thyme and chilli around the cheese. Scatter over the fennel seeds and pour over the oil.

3 Close the jar and place in the fridge for 2 days to marinate. Eat within 2 weeks, leaving the oil in the jar and just eating the cheese. Store in the fridge.

NUTRITIONAL INFO

PER SERVE 587kJ (140Cal), **protein** 4g, **total fat** 14g (sat. fat 4g), **carbs** 0g, **fibre** 0g, **sodium** 86mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

SERVING SUGGESTION

Use in salads, homemade pizzas or on cheese board platters.

COOK'S TIP

To sterilise jars; wash the jars in hot, soapy water and rinse well. Place on a baking tray lined with baking paper and put in an oven preheated to 120°C (fan-forced) for about 10 minutes to dry. If using jars with rubber seals, boil the seals as dry heat damages them.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA.
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GF

FIG & WALNUT ROLL

PREP 15 MINS
SERVES 12 (AS PART OF A SNACK OR STARTER)

45g (¼ cup) whole almonds, toasted
250g dried figs, hard stalk removed, chopped
50g (¼ cup) dried apricots, halved
45g (⅓ cup) walnuts, halved
2 tsp brandy
2 tsp honey
Pinch ground cloves

1 Put the almonds in a small food processor. Pulse until the almonds are finely chopped. Transfer the nuts to a bowl. Add the figs to the food processor and process until they form a sticky paste.

2 Add the figs to the almonds with the apricots, walnuts, brandy, honey and cloves. Mix until well combined. Shape the mixture into a sausage shape. Place on a plate, uncovered, in the fridge for 1 week to firm up before giving as a gift or using.

3 Wrap the walnut slice in non-stick baking paper or greaseproof paper. Tie with string.

NUTRITIONAL INFO

PER SERVE 482kJ (115Cal), **protein** 2g, **total fat** 5g (sat. fat 0g), **carbs** 14g, **fibre** 4g, **sodium** 10mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

SERVING SUGGESTION

Serve alongside your favourite cheese and crackers. Keep in the fridge for up to 2 months.

Start your day off right with one of these tasty and nutritious brekkies!

RISE & shine

GFO

BREAKFAST PANCAKE PLATTER

PREP 10 MINS **COOK** 20 MINS
SERVES 4 (AS A BREAKFAST)

100g (¾ cup) wholemeal plain spelt flour or gluten-free flour
2 x 60g eggs, separated
150ml skim milk

TOPPINGS
100g hot-smoked salmon, skin removed, broken into large flakes
85g ricotta, crumbled
¼ Lebanese cucumber, sliced
½ lemon, cut into wedges
1 small red onion, thinly sliced
260g (1 cup) natural yoghurt
1 banana, sliced
160g mixed berries (we used blueberries, raspberries and cherries)
1 tsp drained capers
Handful small dill sprigs
1 sliced green shallot
30g (¼ cup) walnuts
1 tbsp mixed seeds
Pinch ground cinnamon
2 tbsp sugar-free maple syrup

1 Put the flour into a large bowl. Add the egg yolks and half the milk. Whisk until smooth. Slowly whisk in the remaining milk (the batter will be runny).

2 Use electric beaters to whisk the egg whites in a medium bowl until soft peaks. Use a metal spoon to fold the egg whites into the batter.

3 Heat a large non-stick frying pan over medium heat. Spray the pan lightly with cooking spray. Spoon in 2 tbsp of the batter per pancake (you should be able to make three at a time, well-spaced apart). Cook for 2-3 minutes or until bubbles appear on the surface and the bottom is set. Turn over and cook for a further 2-3 minutes.

4 Arrange the pancakes in a single layer over a large serving platter. Top one side with the salmon, ricotta, cucumber slices, lemon wedges and onion slices. Top the other side with the yoghurt, banana slices and berries.

5 Scatter the savoury pancakes with the capers, dill and shallots and top the sweet pancakes with roughly chopped walnuts, seeds, cinnamon and maple syrup. Or, serve these on the side for everyone to help themselves.

NUTRITIONAL INFO

PER SERVE 1780kJ (425Cal), **protein** 24g, **total fat** 19g (sat. fat 5g), **carbs** 36g, **fibre** 6g, **sodium** 334mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

HOW OUR FOOD WORKS FOR YOU
see page 88

Breakfast pancake platter
Recipe opposite

Kimchi scrambled eggs

LC GFO

KIMCHI SCRAMBLED EGGS

PREP 5 MINS **COOK** 5 MINS
SERVES 1 (AS A BREAKFAST)

2 x 60g eggs
1 tbsp skim milk
40g kimchi
1 slice wholemeal bread or gluten-free bread, toasted
1 green shallot, finely sliced
Pinch togarashi or chilli flakes, to serve (optional)

1 Whisk the eggs and milk in a small bowl.

2 Pour the eggs into a small non-stick frying pan over a low heat. Leave untouched for 30 seconds, then lift the pan a little and swirl the eggs around. Cook for 2 minutes more.

3 Fold through the kimchi, breaking up the eggs to scramble them.

4 Serve the kimchi scrambled eggs on the toast, and top with the green shallots and togarashi, if desired.

NUTRITIONAL INFO

PER SERVE 1100kJ (262Cal), **protein** 21g, **total fat** 11g (sat. fat 3g), **carbs** 17g, **fibre** 4g, **sodium** 588mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF LC

RICOTTA, BROCCOLI & POTATO FRITTATA

PREP 5 MINS **COOK** 25 MINS
SERVES 4 (AS A BREAKFAST)

100g Zerella Spud Lite Baby Potatoes
1 bunch broccolini
200g green beans, trimmed and halved
420g can no-added-salt four bean mix, rinsed and drained
3 tsp olive oil
2 cloves garlic, crushed
Pinch of chilli flakes, cumin seeds or fennel seeds
Freshly ground black pepper
4 x 60g eggs
50g ricotta
1 tsp sherry vinegar
½ small bunch basil, roughly chopped

1 Cook the potatoes in a small saucepan of boiling water for 10-15 minutes or until tender, adding the broccolini for the last 2 minutes of cooking. Drain and thickly slice the potatoes.

2 Meanwhile, put the green beans in a medium saucepan and cover with water. Bring to a simmer and cook for 2 minutes, or until the green beans are tender. Drain and set aside.

3 Preheat the grill on high. Heat 2 tsp of the oil in a medium non-stick frying pan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the chilli flakes (or cumin or fennel seeds if using). Cook, stirring, for 1 minute. Add the potatoes and broccolini to the pan. Season with pepper. Toss to combine.

4 Put the eggs in a jug. Season with pepper and whisk to combine. Pour the egg mixture over the potato mixture. Cook over medium heat for 2 minutes or until the base is set. Dollop teaspoons of the ricotta on top. Place under the grill and cook for 4-5 minutes or until set.

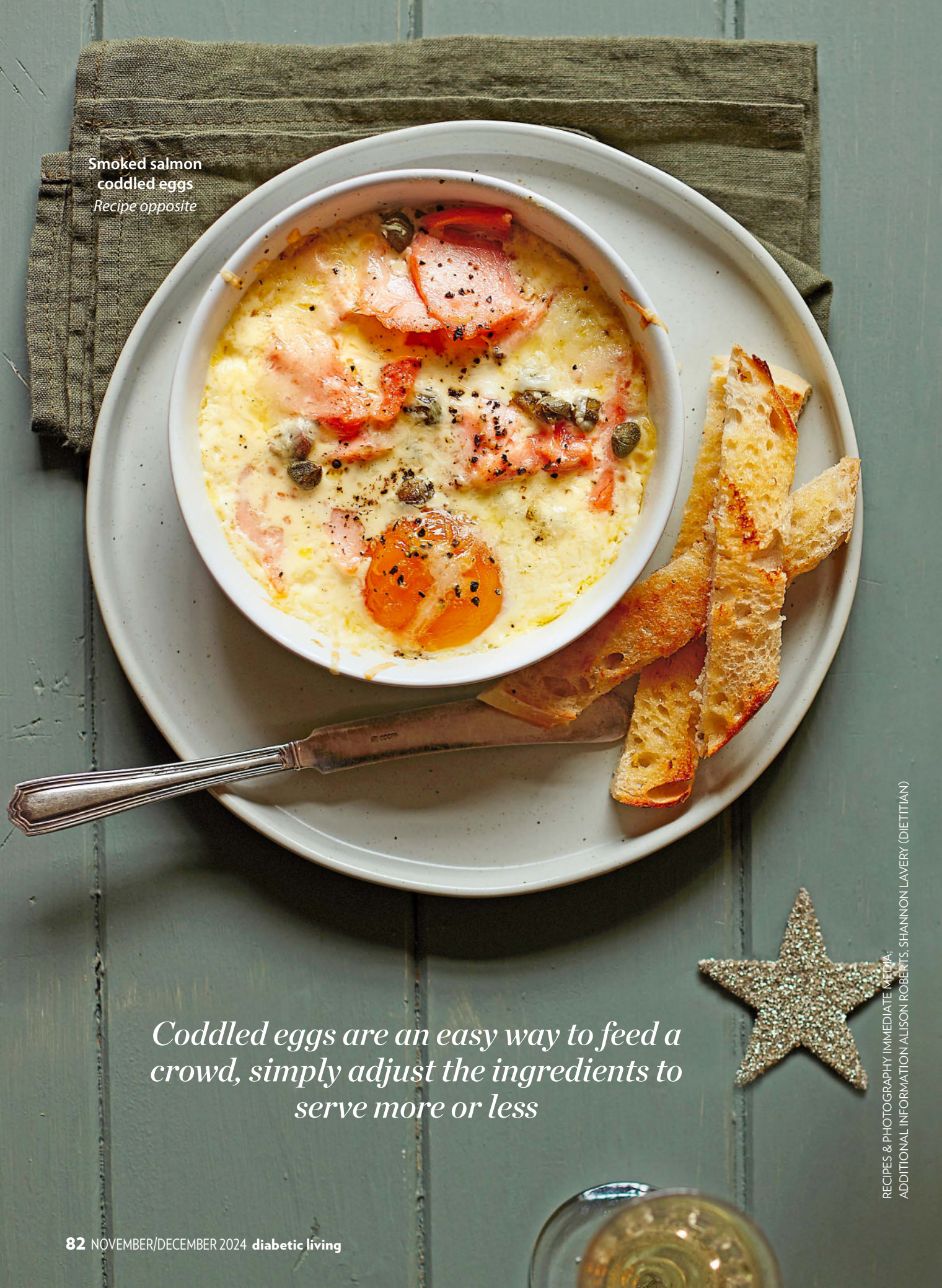
5 Meanwhile, add the canned beans to the green beans. Drizzle the remaining oil and vinegar over the bean mixture. Stir in the basil. Season with pepper.

6 Slice the frittata into four wedges. Serve with the bean salad.

NUTRITIONAL INFO

PER SERVE 1020kJ (244Cal), **protein** 16g, **total fat** 11g (sat. fat 3g), **carbs** 16g, **fibre** 7g, **sodium** 130mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free** • **Lower carb**

Ricotta, broccoli & potato frittata
Recipe opposite



Smoked salmon coddled eggs
Recipe opposite

Coddled eggs are an easy way to feed a crowd, simply adjust the ingredients to serve more or less

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GFO LC

SMOKED SALMON CODDLED EGGS

PREP 15 MINS **COOK** 15 MINS
SERVES 6 (AS A BREAKFAST)

25g light margarine, melted
6 x 60g eggs
80ml (⅓ cup) light thickened cream
Freshly ground black pepper
3 tsp capers, drained and rinsed
150g hot-smoked salmon, skin removed, flaked
75g gruyère cheese, grated
6 thick (45g each) slices wholemeal sourdough bread or gluten-free bread

1 Preheat oven to 180°C (fan-forced). Brush the insides of six ramekins or one 25 x 30cm ceramic pie dish with the melted margarine. Crack one egg into each ramekin (or all into the dish), being careful not to break the yolks. Drizzle over the cream. Season with pepper. Scatter over the capers, salmon and cheese.

2 If using ramekins, put on a baking tray. Bake for 10 minutes (or 12 mins if using a large dish) until the eggs are just cooked but the yolks still runny.

3 Meanwhile, toast or grill the bread and cut into soldiers. Remove the eggs from the oven and serve with the soldiers for dipping.

NUTRITIONAL INFO

PER SERVE 1410kJ (337Cal), **protein** 22g, **total fat** 19g (sat. fat 7g), **carbs** 19g, **fibre** 3g, **sodium** 588mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

NATURAL WAYS TO CLEAN YOUR KITCHEN

LOVE YOUR LEMONS

Go eco-friendly with your cleaning approach and use lemons as a natural antibacterial bleach. If you're using lemons in cooking, don't throw away the squeezed halves – rub over your chopping board to disinfect it, or use them to clean and deodorise surfaces.

DESCALE WITHOUT FAIL

Make the most of the vinegar in your pantry by doubling it up as a descaler. It's a weak acid so it's perfect for cleaning, disinfecting and reducing limescale and mineral deposits. Add half a cup of vinegar to a kettle filled with water and leave it to sit overnight – this should remove any surface scale. If you have a chrome kettle you could also use it on a cloth or newspaper to buff up the outside.

TACKLE THE OVEN

It's one of the most dreaded cleaning tasks, but scrubbing the oven doesn't have to be a chore. Try using a solution of equal parts salt and bicarbonate of soda, and enough vinegar to make it froth into a spreadable paste, plus a squirt of lemon juice. Leave the paste on for a few hours, then remove gunk from the corners with wire wool, a sponge, an old toothbrush or metal scraper – you'll be surprised at how effective such a benign cocktail of products can be.

GO FOR SODA

As well as being a baker's best friend, bicarbonate of soda is a magic cleaning product, too. Ditch the expensive specialist products and use bicarbonate to cut through grease in blocked sinks and remove stains from crockery and surfaces by using a little sprinkled on a damp cloth. It's alkaline so it softens hard water and cuts through grime without scratching, so it's suitable for cleaning chrome and steel. It also keeps bad smells at bay – keep your fridge pong-free by regularly wiping it with a cloth sprinkled with bicarbonate.

SECOND LUNCH

LC

TUNA & CORN WRAP

Top 1 x lower carb wrap (such as Woolworths Wholemeal Lower Carb wrap) with handful mixed salad leaves and ½ Lebanese cucumber. Top with 1 x 95g can John West tuna, sweetcorn & mayonnaise. Roll up and enjoy! **Serves 1.** **PER SERVE** 984kJ (235Cal), **protein** 25g, **total fat** 6g (sat. fat 2g), **carbs** 14g, **fibre** 11g, **sodium** 642mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

Supermarket Crush

Noshu's Fruit & Cream Protein Bars

Noshu's new Fruit & Cream Protein Bars have under 100 Calories per bar, but contain 20% 'invisible protein' thanks to an exclusive collaboration with Bodiez' Protein Water. The new Protein Fruit & Cream range comes in three delicious flavours: Raspberry & Cream, Mango & Cream and Peaches & Cream. Bursting with real fruity juiciness, intense flavour and premium whey protein, they are also gluten-free, made without nuts and contain only natural colours and flavours. With a meagre 4g of carbs per bar, these fruity snacks will be great for those living with diabetes.

Available nationally from Woolworths. $8.90 for 5 bars.

QUICK AND EASY FRUITY SNACKS

GF

MANGO, COCONUT & PISTACHIO SALAD

Cut the flesh of ½ small mango into small cubes and place in a serving bowl. Spoon in the flesh of 1 passionfruit. Add 2 tsp toasted flaked coconut and 1 tbsp chopped unsalted shelled pistachio nuts. Toss to combine. **Serves 1.** **PER SERVE** 635kJ (152Cal), **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 19g, **fibre** 5g, **sodium** 13mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

GFO

STRAWBERRY & CINNAMON APPLE TOAST

Spread 1 (30g) slice wholemeal sourdough bread with 1½ tbsp light spreadable cream cheese. Top with 2 sliced strawberries and 1/4 sliced green apple. Sprinkle with a little ground cinnamon. **Serves 1.** **PER SERVE** 665kJ (159Cal), **protein** 7g, **total fat** 5g (sat. fat 3g), **carbs** 20g, **fibre** 3g, **sodium** 239mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GF

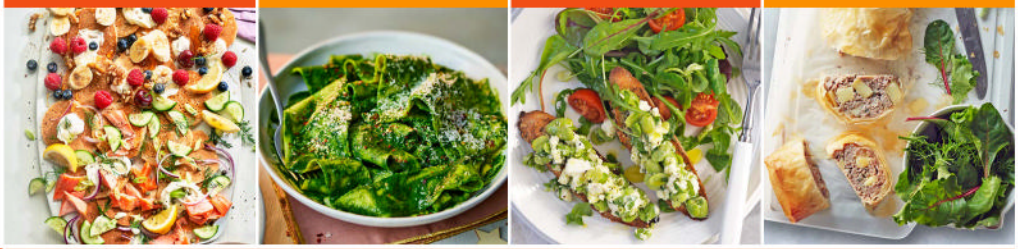
BANANA, RASPBERRY & PEACH WHITE CHOCOLATE SKEWERS

Thread 1 diagonally sliced small banana, ½ punnet raspberries and 1 peach, cut into wedges between 4 small bamboo skewers. Drizzle over 20g melted white chocolate. Leave to set for 20 minutes. **Serves 2.** **PER SERVE** 561kJ (134Cal), **protein** 2g, **total fat** 4g (sat. fat 2g), **carbs** 20g, **fibre** 4g, **sodium** 10mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

WORDS IMMEDIATE MEDIA; ALISON ROBERTS; PHOTOGRAPHY GETTY IMAGES. PRODUCT IMAGES SUPPLIED

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Breakfast pancake platter (p 78) ***Pictured above***	2 weetbix + 1 cup skim milk	2 soy linseed toast topped with ½ cup cottage cheese & sliced tomato	Kimchi scrambled eggs (p 80)
Snack	1 piece of fresh fruit	Mango, coconut & pistachio salad (p 85)	1 cup fresh fruit salad	1 celery stalk spread with 1 tbsp light peanut butter
Lunch	Herbed lamb cutlets with roasted vegetables (p 52)	Healthy salad niçoise (p 51)	Broad bean & feta cheese toasts (p 50) ***Pictured above***	Pork, apple & sage roll (p 62) ***Pictured above***
Optional snack	170g Chobani yoghurt	30g unsalted nuts	2 Vita-weets with 40g reduced fat cheddar & sliced tomato	Strawberry & cinnamon apple toast (p 85)
Dinner	Air-fryer fish tacos (p 30)	Super green pasta (p 18) ***Pictured above***	Mexican chicken bowl with burnt lime (p 18)	Roast red capsicum soup with crispy croutons (p 16)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Banana, raspberry & peach white chocolate skewers (p 85)	1 cup skim milk with 1 tsp 30% less sugar milo	½ cup warm mixed berries with ½ cup diet vanilla yoghurt	1 piece of fresh fruit
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY IMMEDIATE MEDIA, ADOBE STOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels.		
1 cup fruit salad & ¾ cup diet vanilla yoghurt	1 soy linseed toast topped with 2 tbsp light peanut butter & ½ sliced banana	Ricotta, broccoli & potato frittata (p 80)
30g unsalted nuts	170g Chobani yoghurt	1 small skim latte & 1 fresh date
60 second lunch - Tuna & corn wrap (p 85)	Mushroom, walnut & tomato baked capsicums (p 52) ***Pictured above***	Pizza salad flatbreads (p 36)
2 Vita-weets with 40g reduced fat cheddar & sliced tomato	1 piece of fresh fruit	30g unsalted nuts
Speedy lentil coconut curry (p 20) ***Pictured above***	Thai curry noodle soup (p 18)	Herby chicken pot pie (p 62) ***Pictured above***
have a couple of alcohol-free days a week.		
Banana, raspberry & peach white chocolate skewers (p 85)	4 canned apricot halves with 1 small scoop light vanilla ice cream	1 cup fruit salad
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

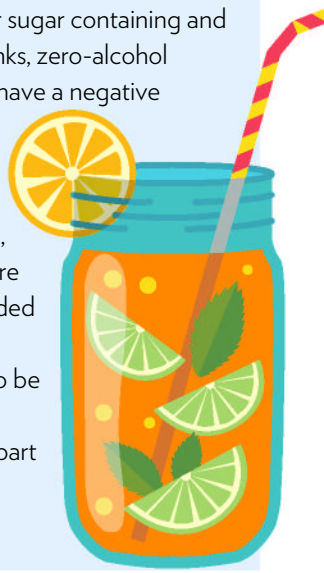
THE RISE OF ZERO-ALCOHOL DRINKS

Zero-alcohol beverages are becoming a popular alternative to traditional alcoholic drinks, with more varieties and brands being stocked in liquor stores, pubs, clubs and restaurants. They have been made to look, feel and taste the same as the alcoholic version, offering a way to enjoy social events without the effects of alcohol.

For people living with diabetes, reducing your alcohol intake or swapping to zero-alcohol alternatives may contribute to improved diabetes management, reduced risk of hypos and complications, and improved liver and heart health.

However, don't be fooled into thinking zero-alcohol drinks are zero-carb and won't have an impact on your blood glucose levels (BGLs). Although some zero-alcohol drinks are relatively low in carbs, containing around 1-2% carbohydrate, others can be almost as high as a regular soft drink at approximately 10% carbohydrate.

As with other sugar containing and carbonated drinks, zero-alcohol beverages can have a negative impact on your BGLs, your weight and your oral health, and are therefore not recommended as an everyday choice, rather to be enjoyed in moderation as part of your social festivities.



Our food explained

Pork, apple & sage roll
Recipe, page 62

NUTRITIONAL INFO
PER SERVE 1050kJ (251Cal), **protein** 27g, **total fat** 10g (sat. fat 3g), **carbs** 14g, **fibre** 4g, **sodium** 71mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

"If it could only be like this always—always summer, always alone, the fruit always ripe."

Evelyn Waugh

PHOTOGRAPHY GETTY IMAGES

Insulin is usually associated with type 1 diabetes, but many people with type 2 diabetes need it too. In March 2024, over 310,000 Australians with type 2 diabetes were taking insulin. That's almost 1 in 4 people with type 2 diabetes who need insulin. And people with type 2 diabetes make up 65% of all Australians with diabetes who take insulin. *DL Magazine* dietitian and diabetes educator, Dr Kate Marsh, explains why someone with type 2 might need insulin, addresses common concerns and provides practical tips for starting insulin therapy.

YOUR GUIDE TO

Starting insulin with type 2

diabetes

WHAT IS INSULIN?

Insulin is a hormone made by cells in the pancreas called beta cells. When we eat, the beta cells release insulin into the bloodstream. Insulin takes the glucose from the food we eat and moves it into our muscles and cells to use as energy. Without insulin, our bodies cannot properly use food for energy. Instead, glucose builds up in the bloodstream and can cause other health problems such as damage to the eyes, kidneys, heart and nerves.

WHY DO I NEED INSULIN?

Type 1 diabetes is an autoimmune disease where the body destroys its own beta cells so that the person cannot produce any insulin and insulin injections are required from day one. Type 2 diabetes, on the other hand, occurs because of insulin resistance, where your body produces insulin, but your muscles and cells don't respond to it. As a result, your body works harder, producing increasing amounts of insulin to overcome the resistance, until it can no longer keep up and blood glucose levels rise. With time, insulin resistance increases and insulin production decreases. When the body can't produce enough insulin to regulate blood glucose levels, insulin injections are needed.

Lifestyle changes such as diet and exercise, and oral or injectable diabetes medications are often effective in managing type 2 diabetes initially. But over time, many people reach a stage where they can no longer produce enough insulin to manage their blood glucose levels and insulin injections are needed. The longer you have diabetes, the more likely it is that this will occur. This doesn't mean you have type 1 diabetes, but that your type 2 diabetes is now 'insulin requiring'.

INSULIN DOESN'T EQUAL FAILURE.

Needing insulin is not a sign of failure. It also doesn't mean that the efforts you have put into changing your diet and exercising haven't helped. Eating well, exercising regularly and losing weight can delay the need for insulin and will help to keep the dose of insulin you need smaller when you need it. And remember that managing your diabetes is not just about blood glucose levels. A healthy lifestyle can go a long way towards improving your overall health and can lower your risk of complications, particularly heart disease.

COMMON CONCERNS AROUND INSULIN

If you're like most people with type 2 diabetes, you probably want to avoid taking insulin. You might worry about the side effects, including the risk of low blood glucose levels. You also might be concerned about how taking insulin will affect your lifestyle, how other people will react, or you may fear the injections themselves.

It is important that you talk about your feelings with your doctor or diabetes educator so they can help you deal with these fears and concerns. Taking insulin has become much simpler thanks to insulin pens and smaller, finer needles. So, while it is normal to feel nervous about giving yourself an injection, most people find this is relatively easy and painless once they have managed the first one.

Hypoglycemia, where your blood glucose level drops too low, is more of a risk when you are taking insulin compared with other diabetes medications. However, by understanding how your insulin works and how to balance it with your food and activity levels, you can significantly reduce your risk of having a 'hypo'. Before you take insulin, it's important that you understand the symptoms of a hypo and what to do if this occurs. You should also always carry some quickly absorbed carbohydrate (e.g. jellybeans or glucose tablets) to treat a low blood glucose level.

Another side effect of insulin can be weight gain, which occurs as your blood glucose levels come down and you no longer lose excess energy as glucose in your urine. It is normal to gain a few kilograms, but you can keep this to a minimum by eating well and exercising regularly. When you start on insulin, this is a good time to see your dietitian for review. As well as helping you to understand the relationship between food and insulin, they can also work with you to develop an eating plan to minimise any excess weight gain.

GETTING STARTED

Before starting insulin, ensure you receive comprehensive training from your healthcare provider or diabetes educator.

This training should cover:

- ✓ *How your insulin works and when you should take it*
- ✓ *How to inject insulin*
- ✓ *How to store your insulin*
- ✓ *How to measure your blood glucose levels, including how often and at what times to check*
- ✓ *Your target blood glucose range*
- ✓ *What to do if your blood glucose level is above or below your target range*
- ✓ *The symptoms, prevention and treatment of hypoglycaemia (low blood glucose levels)*
- ✓ *Managing sick days, including how to adjust your insulin doses if needed*

TOP TIPS FOR TAKING INSULIN

Understand your insulin. Know the types of insulin you are taking, how they work and when to take them.

Monitor your blood glucose levels regularly to help you and your doctor to find the right dose of insulin to keep your blood glucose levels in check.

Choose the right length needles and ensure you know how to inject correctly.

Use a new needle for each injection and rotate your sites to avoid damage to the tissue under your skin, which can then affect insulin absorption.

Be consistent - try to take your insulin and eat at similar times each day.

Understand how your food, exercise and insulin interact and what to do if you have a change of routine.

Know the symptoms of a 'hypo' and how to treat them. Make sure you always carry some food, such as glucose tablets or jellybeans, in case you need them.

Know how to manage sick days. Your diabetes educator can help you to develop a plan to adjust your insulin doses if you are unwell.

Dispose of your sharps safely. Requirements for disposing of sharps safely vary from state to state–contact Diabetes Australia on 1300 136 588 or your local council for more information.

Store your insulin correctly. You can keep the vial or cartridge you are using at room temperature for up to 30 days, but all spare insulin needs to be kept in the fridge (but not frozen).

DON'T DELAY

Some people believe that their chances of developing complications will increase if they start insulin, but the opposite is actually true. Your risk of complications depends on your blood glucose levels and not on the type of medication you take to help manage your diabetes. Research has shown that keeping blood glucose levels as close to normal as possible can reduce the risk of diabetes-related complications such as eye and kidney disease by as much as one-third. It is therefore better to start insulin earlier if needed, rather than leaving it as a 'last resort'.

CONCLUSION

Starting insulin therapy is a significant step in managing type 2 diabetes, but it's a step that can improve your quality of life and reduce the risk of complications. Most people find they feel much better once they start insulin, particularly if their blood glucose levels have been high for some time.

So, if the time has come for you to start insulin, don't think about this as a failure. Make sure you get the right education and support and focus on the benefits of starting insulin. It can lower your blood glucose levels, reduce your risk of complications and, in doing so, improve your overall health and wellbeing.

HYPOGLYCAEMIA

Hypoglycemia, or a hypo for short, occurs when your blood glucose level drops below 4mmol/L.

The symptoms of a hypo vary from one person to the next but include:

- feeling weak, shaky, dizzy and/or lightheaded
- excessive sweating
- finding it hard to concentrate
- behaviour changes such as being irritable, angry or emotional
- feeling hungry
- having a headache

Common causes of hypos include:

- missing or delaying a meal
- eating a meal with less carbohydrate than usual
- being more active than usual
- taking too much insulin
- drinking alcohol

If you experience a hypo, it is important to treat this immediately by eating or drinking some quickly absorbed carbohydrate. If you don't take action at this stage, your blood glucose level can continue to drop and result in confusion, loss of coordination and, eventually, loss of consciousness. You can avoid this by being aware of your symptoms and always having some food on hand.

The recommended treatment is 15g of rapid-acting carbohydrate. Good choices for treating a hypo include glucose tablets or gels, jellybeans or other easy to chew confectionary (hard lollies can take too long to eat), ordinary (sugar-sweetened) soft drink or cordial and fruit juice. If your blood glucose level remains low (below 4 mmol/L) after 15 minutes, repeat the treatment.

Once your blood glucose level is above 4 mmol/L, unless your next meal is within 15-20 minutes, you should eat some longer-acting carbs such as a piece of fruit, glass of milk or slice of wholegrain bread.

MORE INFORMATION

Download free NDSS fact sheet on starting insulin:
ndss.com.au/about-diabetes/type-2-diabetes/starting-insulin/

Complete the NDSS Living with insulin online program:
ndss.com.au/services/support-programs/living-with-insulin-online/

Enrol in the NDSS Living with insulin in-person group education program, available at various locations throughout Australia:
events.ndss.com.au/

WORDS KATE MARSH ILLUSTRATIONS GETTY IMAGES

7 NEED-TO-KNOW FACTS ABOUT... wounds & healing

Minor injuries such as cuts, grazes, and burns are a part of life. For people living with diabetes, even a minor wound can potentially lead to serious complications.

1 Wounds heal slower and can progress faster

People with diabetes can experience slower healing time for various reasons, most commonly due to high blood glucose levels, poor circulation, inflammation, and a lowered immune response. Wounds can also become infected and develop into ulcers much more quickly.

2 Link between BGLs and healing

When blood glucose levels remain consistently high, it impairs the function of white blood cells, which are vital to the body's immune system. If your BGLs are within the target range, your body will be able to heal and fight off infections more efficiently, and you'll be less at risk of conditions that affect healing, like neuropathy and circulation problems.

3 Complications

The lower immune response leaves people with diabetes at a higher risk of infection. A wound that heals more slowly can easily become infected if not properly cared for, potentially leading to gangrene or sepsis. Diabetic ulcers are one of the main causes of limb amputation.

4 Impact of neuropathy

People with diabetes are already at higher risk of neuropathy (nerve damage). This can occur anywhere in the body but is particularly dangerous in the lower legs and feet, where a minor injury might occur that cannot be felt due to the tingling and numbness caused by nerve damage and may escalate into an infection or ulcer.

5 Check yourself

It might seem obvious, but if you aren't aware of a wound, you can't treat it correctly and it will take longer to heal, and may develop into an infection or ulcer. Keep an eye out for new wounds and check your hands and feet regularly, especially if you have neuropathy. Regular visits to your podiatrist are beneficial too.

6 Treating wounds at home

If you do find a cut or sore, start by caring for it properly at home:

- Wash your hands thoroughly with soap and water.
- Rinse the wound with warm water and pat dry.
- Apply gentle pressure to stop any bleeding.
- Put some antiseptic cream on the wound and cover with a bandage.
- Keep the wound covered but change the dressing regularly and check to make sure it isn't becoming infected.

7 When to see your doctor

See your GP if you have a wound that isn't healing on its own, or if you think it's infected. Watch for redness, swelling and warmth at the wound site, as well as the presence of pus and increased pain. However, if you have neuropathy you might not experience any pain.

WORDS ERIN ROBERTS ; ILLUSTRATION GETTY IMAGES

LOW CARB DIETS

A low carbohydrate diet can be a powerful tool for managing type 2 diabetes and prediabetes, leading to better blood glucose management, weight loss, and the potential to work with your doctor to reduce or stop medications. But, with low-carb diets gaining popularity, it's important to dispel myths and misconceptions so you can understand how to follow a healthy low-carb diet that is sustainable long term.

What is a low-carb diet?

A low-carb diet focuses on reducing the intake of carbohydrates in your daily eating routine. Depending on your food preferences, a low-carb diet can fit any style of eating. For example, Mediterranean, vegetarian, and even traditional Australian cuisine can all be low carb. The key is the amount of carbohydrate you eat per day.

In terms of the amount of carbohydrates per day, a low-carb diet falls between 10-25.9% of your daily energy intake. For 2000 calories/8368 kilojoules, the carbohydrate range is 50-129 grams per day.

What low-carb diets aren't...

NOT A NO-CARB DIET: A low-carb diet focuses on reducing carbohydrate foods, not eliminating them entirely. Healthy sources of carbohydrates such as vegetables, beans, legumes, and fruits are included.

NOT A KETO DIET: Keto diets are a very low-carb diet that restricts carbohydrates to below 10% of daily energy intake, or below 50 grams of carbs per day. A healthy low-carb diet is less restrictive, allowing for a balanced sustainable approach.

NOT A CARNIVORE DIET: The carnivore diet is an extreme type of keto diet that eliminates all plant-based foods, focusing solely on animal products. There is no clinical research on the carnivore diet. A healthy low-carb diet includes a broad range of foods and an abundance of plant-based foods. Not a license to eat unlimited fat: It is a misconception that low-carb diets allow for unlimited consumption of high-fat foods.

Nutritionist Dr Jedha Dening explains what they are, what they aren't and why it matters

DEMYSTIFIED

Healthy fats are encouraged, but balance with other foods is key.

NOT A BACON-RICH DIET: It is a misunderstanding that bacon can be eaten every day. Ample research shows that processed meats are best limited to small quantities, on occasion. Fresh unprocessed meats are always a better choice over processed meats.

NOT A JUNK FOOD DIET: The growing number of low-carb products available may appear to expand your food choices. However, keep in mind that many products are still ultra-processed foods, even if they contain lower amounts of carbohydrate. Switching from one junk food to another is not an optimal strategy to improve your health.

Low carb versus keto: What's the difference and why does it matter?

Keto diets are often put under the same umbrella as 'low carb,' but it's important to understand the differences between them. A keto diet is highly restrictive on carbohydrates with an aim to induce a state of ketosis. In ketosis, the body shifts from using glucose to fat as its primary fuel source.

A healthy low-carb diet allows for a realistic amount of carbohydrates with an aim to lower blood glucose levels and support weight loss and weight maintenance by reducing insulin spikes and circulating insulin and improving metabolic function.

Studies have shown both keto and low-carb diets can be effective to improve diabetes health. However, due to the excessive restriction on carbohydrates, people often find keto diets difficult to adhere to or sustain long term. In addition, evidence continually highlights concerns that keto diets lack dietary fibre, include too much saturated fat, raise LDL cholesterol, and may lead to vitamin and mineral deficiencies if not properly implemented.

The good news is, there is no need to go to extremes. Ample evidence has demonstrated that achieving normal blood glucose and HbA1c levels, a healthy weight, reducing medications, and even achieving type 2 diabetes remission is possible when following a less restrictive healthy low-carb diet. In addition, taking a sustainable approach has been demonstrated to maintain nutritional adequacy, which can help you maximise your health outcomes long term.

Medication reduction: An important note

It is important to note that following a low-carb diet often allows people to reduce or stop diabetes medications. When first starting a low-carb diet, medications such as sulfonylureas and SGLT2 inhibitors may need to be altered or stopped sooner than other medications. Insulin dosages will also need to be lowered on commencement of a low-carb diet. In addition, blood pressure and diuretic medications need to be monitored. However, you should never change your medications or dosages without first consulting with your doctor.

Healthy sustainable low-carb diet guidelines

The most important thing with any diet is sustainability and a low-carb diet can be sustainable for the long term. The key is a realistic amount of carbohydrates that allows for variety and balance, giving you the flexibility to maintain an enjoyable low carb eating plan for years.

Between 50-100 grams of carbohydrates per day is a suitable range for most people.

Just to be clear, 100 grams is not the weight of a food, it refers to the amount of carbohydrate a food contains, which can vary widely. For example, one cup of cucumber contains 3.5 grams of carbohydrate, while one cup of regular spaghetti contains around 35 grams of carbohydrate.

Here is a brief overview of the types of foods to eat and avoid.

A healthy low-carb nutrition plan aims to eliminate added sugar and processed foods; and minimise high-carbohydrate foods such as rice, pasta, noodles, bread, crackers, cereals, and other grain-based foods, along with potatoes and high-sugar fruits (mangoes, grapes, pineapple, and bananas).

A healthy low-carb nutrition plan includes a wide variety of nutrient-rich fresh foods in the following broad categories:

Non-starchy vegetables: Broccoli, cauliflower, green leafy vegetables like spinach, lettuce, rocket and bok choi, zucchini, cucumber, cabbage, eggplant, mushrooms, green beans, tomatoes, asparagus, and capsicum.

Lower carb fruits: Berries (strawberries, raspberries, blackberries, and cherries), rockmelon, apricot, plum, mandarin, kiwifruit, and passionfruit.

Beans and legumes: Soy beans, edamame, cannellini, and lentils.

Nuts and seeds: Almonds, Brazil nuts, cashews, peanuts, chia seeds, walnuts, and sunflower seeds.

Herbs and spices: Basil, oregano, turmeric, cinnamon, rosemary, thyme, parsley, mint, garlic, and ginger.

Proteins: Chicken, fish, tofu, turkey, eggs, beef, pork, lamb, tempeh, and seafood.

Dairy products: Cheese, milk, and yoghurt.

Healthy fats: Olive oil, avocado, olives, nuts, seeds, and fatty fish like salmon, tuna, and sardines.

WORDS DR JEDHA DENING; PHOTOGRAPHY GETTY IMAGES

The most important thing with any diet is sustainability and a low-carb diet can be sustainable for the long term.

This is an abbreviated list, but gives you an idea of the types of foods to include in your daily eating routine. The important thing is to incorporate a wide range of fresh nutrient-rich foods, including lots of vegetables, healthy fats, and proteins to keep your diet balanced and satisfying.

Adopting a healthy low-carb diet can be an effective way to manage type 2 diabetes and prediabetes. Importantly, a healthy low-carb diet provides a realistic sustainable approach to ensure you stay satisfied and get the nutrition you need for optimal health outcomes.

SAMPLE LOW-CARB MENU

If you are wondering what a daily low-carb menu might look like, here are some ideas to consider.

BREAKFAST: Exchange boxed breakfast cereal for a homemade nut-based muesli topped with half a cup of milk and plain Greek yoghurt, and a ¼ cup of blueberries (approximately 18g carbs). For a hot breakfast, incorporate avocado, tomato, baby spinach, fresh or dried herbs, mushrooms, and crumbled feta cheese in an egg omelette (approximately 10g carbs).

SNACK: Vegie sticks like carrot, cucumber, celery and capsicum with cottage cheese (4g carbs) or hummus (14g carbs). Or a small wedge of rockmelon spread with two tablespoons of natural peanut butter (9g carbs).

LUNCH: Enjoy a chicken and salad sandwich layered with shredded BBQ chicken, sliced tomato, beetroot, red onion, cheese, grated carrot, lettuce, avocado and mayonnaise, choosing a lower-carb, higher-fibre bread (20g carbs).

SNACK: A small handful of cashew nuts (8g carbs). Or a mandarin and two slices of cheese (9g carbs).

DINNER: Skip the rice or pasta for a beef or chicken noodle stir fry loaded with vegetables. Stir fry sliced beef or chicken, red onion, mushrooms, broccoli florets, sliced red capsicum and carrot sticks. For the noodles, slice wombok cabbage lengthways into noodles, or use soy or edamame noodles. Enrich the dish with fresh garlic, ginger, a sprinkle of Chinese five spice, and soy sauce for a tasty satisfying meal (15g carbs).

Depending which meals you include, the following menu provides approximately 57-76g of carbohydrate throughout the day. With so many different foods to choose from, you can enjoy a variety of tasty and nourishing meals.

Remission!

The word 'remission' has long been associated with the period of time during which the signs and symptoms of cancer reduce or disappear. But did you know that people living with type 2 diabetes can also achieve remission? Baker Heart and Diabetes Institute diabetes educator Trang Vu explains.

Remission – it sounds like something that all people living with type 2 diabetes should be striving for. But is it possible, and is it something that everyone with type 2 diabetes should aim to achieve? The answers to these questions might surprise you.

Can someone with type 2 diabetes go into remission?

Type 2 diabetes remission is achievable for some. To be considered in remission, a HbA1c blood check, which identifies your average glucose level over a three-month period, would need to be 6.5% or less. Significantly, you must also have achieved that result without the use of diabetes medications.

Being in remission means you've managed your diabetes so well, without any medications, that your blood glucose levels have reduced to a non-diabetic level.

Achieving an average of less than 6.5% with medication does not constitute type 2 diabetes remission.

While it isn't impossible for people who have lived with type 2 diabetes for some years to achieve remission, those newly diagnosed are most likely to be able to achieve it.

Does being in remission mean that your diabetes has been cured?

Unfortunately, type 2 diabetes remission doesn't mean your diabetes has been cured or reversed.

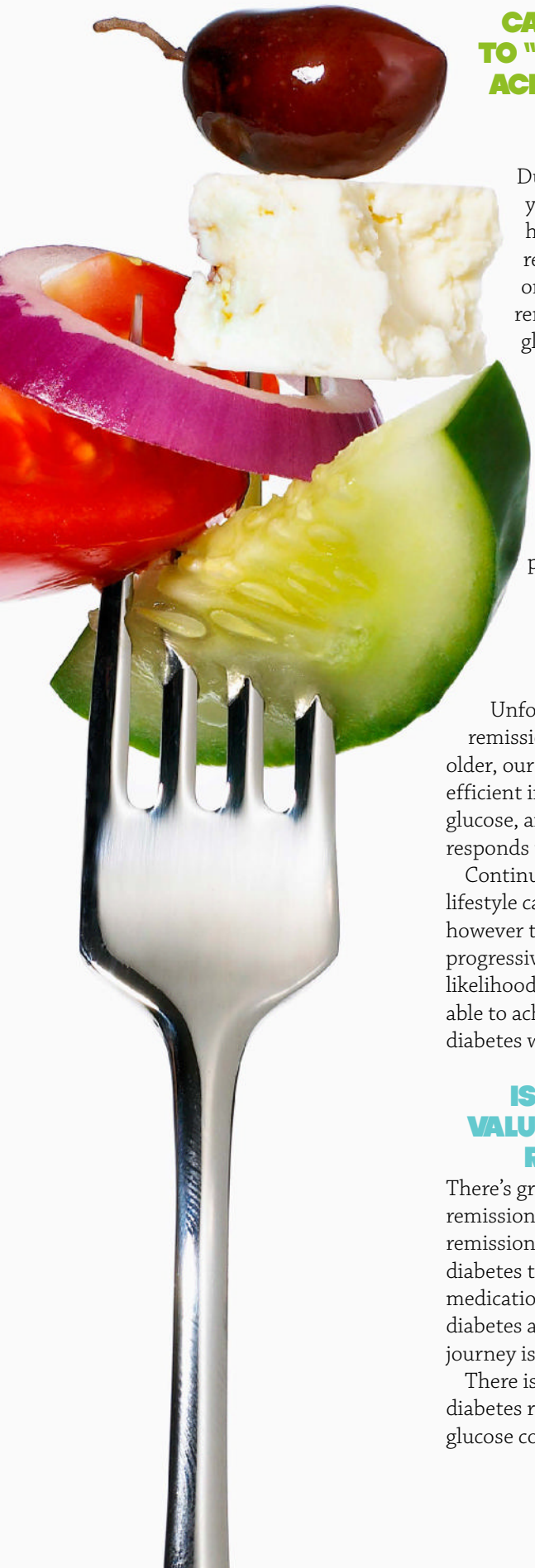
For most people who are diagnosed with type 2 diabetes, glucose intolerance/pre-diabetes has developed before a diabetes diagnosis.

Having glucose intolerance means your blood glucose level is higher than the normal range but not quite high enough to diagnose you with type 2 diabetes. This can progress into type 2 diabetes, depending on several risk factors, including family history, age, lifestyle or other medical conditions.

Some of these risk factors can be modified, but others can't. So, even when your blood glucose returns to a pre-diabetic level, these risk factors can still exist. Therefore, the diabetes is not cured but rather has gone to "sleep".

It's important to remember that type 2 diabetes is a progressive chronic disease, so yes, we can slow down its progression, or even send our diabetes to sleep for a period with lifestyle management, but at this point in time, we can't cure diabetes.

We can send our diabetes to sleep for a period but at this point in time, we can't cure diabetes.



Can life return to "normal" after achieving type 2 diabetes remission?

During a remission phase, you will need to maintain a healthy eating pattern and regular physical activity in order to sustain the remission. The blood glucose level has returned to a pre-diabetic level, but your risk of diabetes and diabetes-related complications can persist, so it's important to keep up the lifestyle changes to prevent their onset.

Is it possible to stay in remission?

Unfortunately, permanent remission is unlikely. As we get older, our bodies become less efficient in how we utilise and store glucose, and how our body responds to insulin.

Continuing to focus on a healthy lifestyle can help to slow it down, however type 2 diabetes is a progressive chronic disease, and the likelihood is that even if you are able to achieve remission, your diabetes will re-awaken.

Is there any value in achieving remission?

There's great value in achieving remission. Remember, if you're in remission, it means you've put your diabetes to sleep without medication. Good management of diabetes at every stage of your journey is valuable.

There is research that shows diabetes remission, or intensive glucose control in people with newly diagnosed diabetes, reduces the risk of diabetes-related complications, including stroke, heart attack, peripheral vascular diseases, eye retinopathy, kidney impairment and nerve damage.

How can you achieve type 2 diabetes remission?

The majority of people living with type 2 diabetes who also have a high body mass index (BMI) are more likely to achieve diabetes remission with intensive healthy lifestyle modifications that result in body weight reduction.

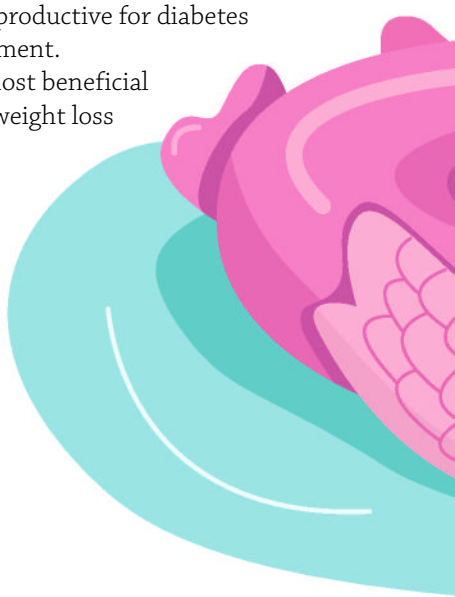
Evidence suggests that reducing body weight by 10–15% increases the chance of diabetes remission.

However, it is important to remember that the relationship between diet, physical activity and weight loss is not linear.

There are many factors that can influence your weight and how easy it is for you to lose weight, including genetics, hormones, and past medical conditions, or just general constraints on living circumstances.

It's also important to remember that not all kinds of weight loss are equal. Weight loss that comes from losing muscle mass can be counterproductive for diabetes management.

The most beneficial type of weight loss



is achieved through a balance of the right kind of food, frequency of exercise, and the right kind of exercise that results in weight loss but preserved muscle mass.

Emotional and psychological factors can also influence your BMI or ability to lose weight.

An appointment with an allied health professional, such as a diabetes dietitian, an exercise physiologist or a psychologist, could be beneficial to helping with weight management.

SHOULD EVERYONE WITH TYPE 2 DIABETES BE STRIVING TO ACHIEVE DIABETES REMISSION?

While diabetes remission is certainly beneficial, not everyone should have remission as their primary goal.

For some, there are risks associated with intensive lifestyle modifications, especially for those who take certain diabetes medications. For example, a low-carb or no-carb diet can increase the risk of hypoglycaemia for people using certain diabetes medications.

It's very important to speak to your care team to find out if diabetes remission is advised and how to safely make changes to your diabetes management. It can be difficult to do it alone, so seek the support of your diabetes management team.

WHAT CAN BE DONE IF REMISSION CAN'T BE ACHIEVED, DESPITE EVERY EFFORT?

Whether you achieve diabetes remission or not shouldn't be considered a pass or fail. Diabetes remission isn't the only way to improve and manage your diabetes.

Keeping your HbA1c within target is beneficial, as lowering it helps to delay diabetes progression and complications, especially if it's achieved through lifestyle modifications.

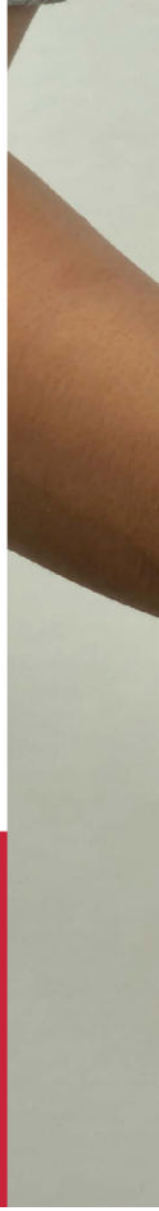
But don't beat yourself up if you don't achieve that 6.5% figure; any reduction is great. A reduced HbA1c is just one of many factors that make up the bigger picture of building good habits to live well and age well with diabetes.

And remember, there are numerous factors that can influence your glucose level. Having an infection, stress and poor sleep quality can all make your glucose higher than usual. If any of these factors are present during the three-month period before a HbA1c test, they can influence the results. So don't make that 6.5% figure your only personal measure of success.

Doing any positive things to work towards remission, regardless of whether you meet the definition of remission or not, will help your long-term outcome, so have a chat with your doctor or diabetes management team to form the best plan for you moving forward.

You may not be planning on pulling out all the stops over the party season, but that doesn't mean your liver won't thank you for some special TLC to keep it in tiptop shape.

LOVE YOUR liver



Looking after your liver is often low on the radar when you have diabetes. Unless you're a heavy drinker, you're probably busy enough tending to your heart, eyes, kidneys and feet to give your liver too much thought. Yet, even if you drink little or no alcohol, but you have diabetes and are carrying too much weight – especially around the middle – you're a possible candidate for fatty liver disease. So, what is it? It's just what the name suggests: the build-up of fat in the liver cells. While excess alcohol intake is the major cause, it's being increasingly seen among social and non-drinkers and has been tagged accordingly as non-alcoholic fatty liver disease, or NAFLD.

What causes it?

The jury's still out on the exact reasons, but scientists believe this type of fatty liver is related to insulin resistance, the underlying problem in type 2 diabetes. This is where the body's insulin doesn't work properly in transporting glucose from the bloodstream to the muscles and cells. Insulin resistance changes the way in which the liver, muscles and fat cells process sugar and fat. As a result, the liver cells take up more fat, in the form of triglycerides (or blood fats) and these fats are stored inside the liver cells, causing a fatty liver.

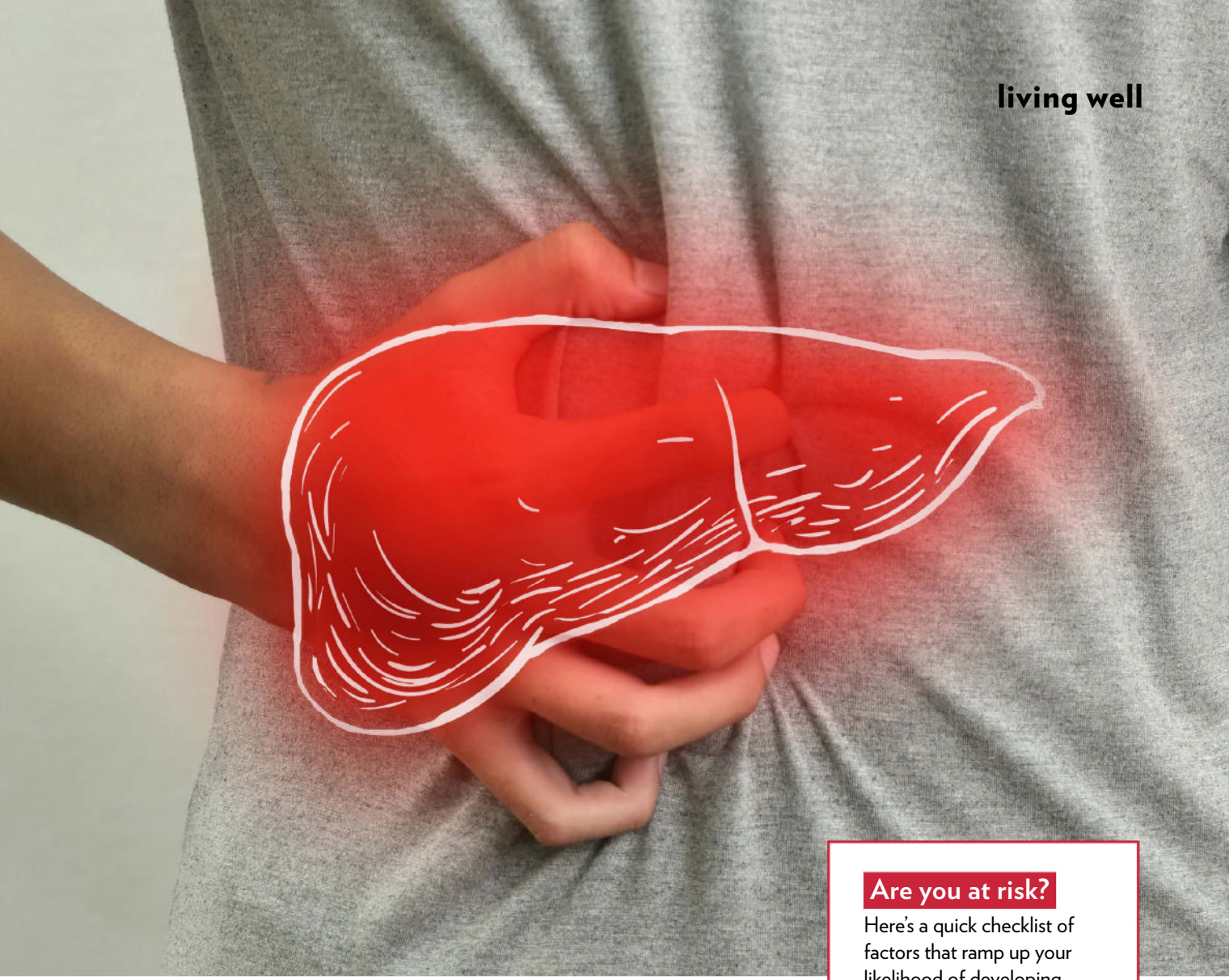
Although we don't know how many people in Australia are affected, it's estimated that – like in the US – around 30 per cent of adults have the condition. Obesity is a key factor, especially when those excess kilos are gathered around the waistline. Just as this increases the risk of insulin resistance leading to type 2, so a heavy middle bumps up your likelihood of fatty liver, meaning the two individual conditions are strongly linked.

Other less common causes of a fatty liver include certain illnesses and medications (particularly steroids), malnutrition or starvation, excess vitamin A and gastric bypass surgery for weight loss.

Why is it a worry?

As the body's second-largest organ, our liver performs a host of vital functions, from breaking down and eliminating toxins (including alcohol) to metabolising the fats and carbohydrates we eat, as well as the medications we take. It's also responsible for storing vitamins and minerals and playing an instrumental role in the blood-clotting process.

The liver has an amazing power to regenerate itself – one reason we may not notice it's failing until the damage is irreversible. In its early stages, fatty liver (steatosis) may not cause too many problems. But, left untreated, it can lead to more serious damage – non-alcoholic



steatohepatitis, or NASH. This is where excess fat causes inflammation and damage to the liver cells, resulting in scarring. The third stage is cirrhosis, which causes significant scarring and hardening of the liver, and possibly liver failure.

It is unclear who will progress from having a fatty liver to more severe forms of the disease, but some research suggests that those with type 2 diabetes are at greater risk.

One recent study found that having type 2 and NAFLD more than doubles your mortality risk over those people who don't have fatty liver. Researchers advise that people with diabetes have their liver checked and those at risk have an action plan in place.

What are the symptoms?

While fatigue, abdominal pain (particularly in the upper right part of the abdomen) and a physical examination revealing an enlarged liver are key signs, most people have no symptoms to suggest they have fatty liver. It's usually diagnosed when blood tests or an ultrasound detect abnormal liver function. A liver biopsy is the definitive diagnosis, but less radical tests can often provide your doctor with the information necessary to identify a problem and indicate the need for action.

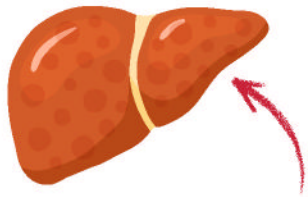
Are you at risk?

Here's a quick checklist of factors that ramp up your likelihood of developing fatty liver.

- ✓ Obesity, particularly abdominal obesity
- ✓ Insulin resistance
- ✓ Type 2 diabetes
- ✓ High cholesterol or triglyceride levels in the blood
- ✓ Certain medications, such as steroids
- ✓ Excess alcohol
- ✓ Gastric bypass surgery for weight loss
- ✓ Malnutrition or starvation
- ✓ Rapid weight loss
- ✓ Exposure to toxins and chemicals, such as pesticides

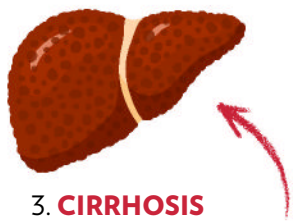
THE 3 STAGES OF FATTY LIVER DISEASE

From fatty liver to severe liver damage – the three stages of non-alcoholic fatty liver disease, or NAFLD.



1. **FATTY LIVER (STEATOSIS)**
Excess fat is stored in the liver but does not cause significant damage.

2. **NON-ALCOHOLIC STEATOHEPATITIS**
Inflammation and damage to the liver cells, causing scarring.



3. **CIRRHOSIS**
Significant scarring and damage to liver, which can lead to liver failure.

What can you do about it?

While there is no single effective treatment, correcting underlying problems that contribute to the condition can improve fatty liver disease, and may reverse it. Whether you have a fatty liver or want to avoid it, making certain changes can help.

✓ **LOSE WEIGHT** If you're overweight or obese, trimming down can help decrease fat in the liver. Aim for slow and steady weight loss, as rapid weight loss can contribute to fatty liver disease. The best method is to make healthy food choices, reduce portion sizes and increase activity levels.

✓ **EAT A HEALTHY DIET** Limit your intake of saturated and trans fats (found mainly in animal foods and high-fat snack and fast foods) and increase fibre from fruits, vegetables and wholegrains.

✓ **EXERCISE REGULARLY** This can improve insulin sensitivity, help with weight loss and reduce the fat stored around your middle. Aim for at least 30 minutes of moderate intensity exercise most days, and try to build more activity into your day.

✓ **AVOID OR LIMIT ALCOHOL** It can damage your liver, particularly if you drink excessively.

✓ **MANAGE YOUR BGLs** Aim to keep BGLs in your target range by eating well, exercising, taking your diabetes medication and monitoring regularly.

✓ **LOWER CHOLESTEROL AND TRIGLYCERIDE LEVELS** Adopt a healthy eating regimen, exercise regularly and take medication if prescribed by your doctor.

✓ **CHECK YOUR MEDICATIONS** Some medications (over-the-counter and prescription), vitamins and herbal supplements can affect your liver. So check with your doctor before taking new ones, and follow the directions.

✓ **QUIT BAD HABITS** Smoking, alcohol, drugs and even some household chemicals can damage your liver, so minimise exposure and follow safety instructions if you work with chemicals.

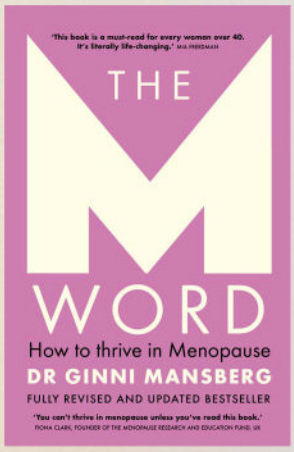
There is evidence that certain medications, including some used for treating diabetes (the type that improves how insulin works) and those for lowering cholesterol and triglyceride levels may help, but more research is needed. These medications are likely to be most effective if combined with these lifestyle changes.

A change for the better...

A study found that losing weight through lifestyle changes can have significant benefits when it comes to fatty liver disease. Researchers randomly assigned 96 overweight or obese adults with type 2 diabetes to either an intensive lifestyle intervention group (ILI), or a control group, who received diabetes support and education (DSE). After one year, participants in the ILI group had lost more weight (8.5 per cent versus almost no weight loss in the DSE group) and had a greater reduction in fat around the liver. While liver function tests didn't change significantly, 26 per cent of the DSE group versus only three per cent of the ILI group developed NAFLD after 12 months.

WORDS KATE MARSH PHOTOGRAPHY GETTY IMAGES

THE M WORD



The M Word by Dr Ginni Mansberg. Published by Murdoch Books. RRP $34.99

In the newly revised edition of The M Word, Dr Ginny Mansberg explains the mysteries of menopause and how you can best chart your course. In this extract, we take a look at how to take the burn out of hot flushes.

You're sitting in a really important meeting. Then you start to feel a clammy heat in your chest, as if perhaps someone has started burning you at the stake without you noticing. Now it's spreading up your neck, and there it goes . . . to your face. You know you've turned beetroot red beneath the foundation you layered on to hide just such a moment. Beads of sweat gather between your breasts, on the back of your neck, through your scalp and across your lip. You're torn between the unbearable need to rip off your jacket or perhaps find a bucket of cold water, and needing to look and sound calm, controlled and professional. And then it's gone, followed by a nice chill — there's nothing like cooling sweat in an intensely air-conditioned meeting room.

At their extreme, vasomotor symptoms — often just called hot flushes — can happen every hour, or up to 200 times a day, including right through the night, meaning decent sleep becomes a dim memory. They can make you grumpy and fearful — when is the next one coming? Given that they are more likely to happen and be at their worst during times of stress, this is a vicious catch-22.

The stats are not on your side. A massive 75 per cent of women get hot flushes; so, if you don't, consider yourself very lucky. Typically, they look like a sudden wave of heat. They can come packaged up with sweating, reddening of the skin and rapid heartbeat. They usually last three to four minutes, but can range from one to 60 minutes.

They can happen at any time of the day or night. They can be triggered by embarrassment, sudden temperature change,

stress, alcohol, caffeine (or any warm drink for that matter). Or they can happen for no reason at all. And they are often very, very distressing.

A variation on the theme is the night sweat. These are hot flushes that come on at night and disturb your sleep. It can take you half an hour to cool down enough after a flush to go back to sleep, at which point you can have another one. It's like having a newborn again, but worse. You might be up five or six times a night, throwing off the covers and drenched pyjamas, then feeling cold and having to put on fresh ones. Your sleep is shot and after a while that takes a toll on your physical and mental health.

If this isn't ringing true for you, you might be someone whose hot flushes are simply milder. Many women just run hotter: no dramatic beetroot-red faces but just a general feeling of being heat intolerant. You might be more prone to developing an unladylike glow and damp underarm patch, having to wear a light shirt, or being the pain in the neck at work who needs the air conditioning set to 15 degrees when everyone else is shivering in a sweater. Or you might just feel hot and sweaty in bed so that a full night's sleep is impossible.

Either way, vasomotor symptoms can range from annoying to horrific. For the 75 per cent of us who they hit, one in three of sufferers describe their flushes as unbearable.

WHAT CAUSES MY HOT FLUSHES?

I can tell you that the answer, today anyway, is that we don't know the full story. But we know bits of it. For example, we know that the flushes come from falling (but not necessarily low) levels of oestrogen. We know this because they come on around menopause and because giving women oestrogen in the form of HRT usually fixes them. Plus, we know that perimenopausal and menopausal women with hot flushes don't have lower levels of oestrogen in their blood, urine or even their vaginas than those of women at the same stage of life without hot flushes. So we know it is not about low levels of oestrogen per se. And, finally, pre-pubertal girls have very low oestrogen levels but they don't get hot flushes.

The flushes themselves are triggered by tiny elevations in core body temperature. It seems women who get hot flushes have a smaller 'thermoneutral zone' — that's the comfort range between upper (sweating) and lower (shivering) temperature thresholds. So that, with only minor changes in body temperature, the body perceives a major change and responds by going to extreme measures to cool you down — sweating and sending heat to the skin to seep out.

We know this involves activation of the sympathetic nervous system via the hypothalamus. The latest research suggests that there are neurons or nerve cells in the hypothalamus that detect changes in temperature and make bodily adjustments (for example, shivering to increase the body temperature, or sweating and opening blood vessels to divert blood to the skin so that heat can be lost through the skin). These neurons seem to be linked to the neurons in the hypothalamus that detect falling oestrogen levels in the blood, so that small falls in oestrogen can trigger a heat reaction inside the hypothalamus.

In response, the body does actually get hotter and yet it's not

It seems women who get hot flushes have a smaller 'thermoneutral zone' - that's the comfort range between upper (sweating) and lower (shivering) temperature thresholds.

the way it often feels. Nevertheless, you feel the flushing in the face, neck and chest (despite the fact that the actual temperature increase in these areas is only about 0.4 to maximum 1 degree C). The increase in temperature by measurement lasts for ages after the feeling of the hot flush has disappeared. Studies measuring hot flushes independently find there is actually quite a low correlation between the degree of change on thermometers etc., and the level of distress or perceived severity of hot flushes.

OTHER FACTORS

There are things that make hot flushes worse. Smoking, lack of physical activity, lower socio-economic status, obesity, negative mood and negative attitudes towards menopause have all been linked in studies to worse hot flushes. Make of that what you will! And there could be racial or cultural factors, too. The numbers I have been quoting are predominantly for white women in North America, Europe and Australia. Women in Asia are much less likely to report hot flushes as a concern.

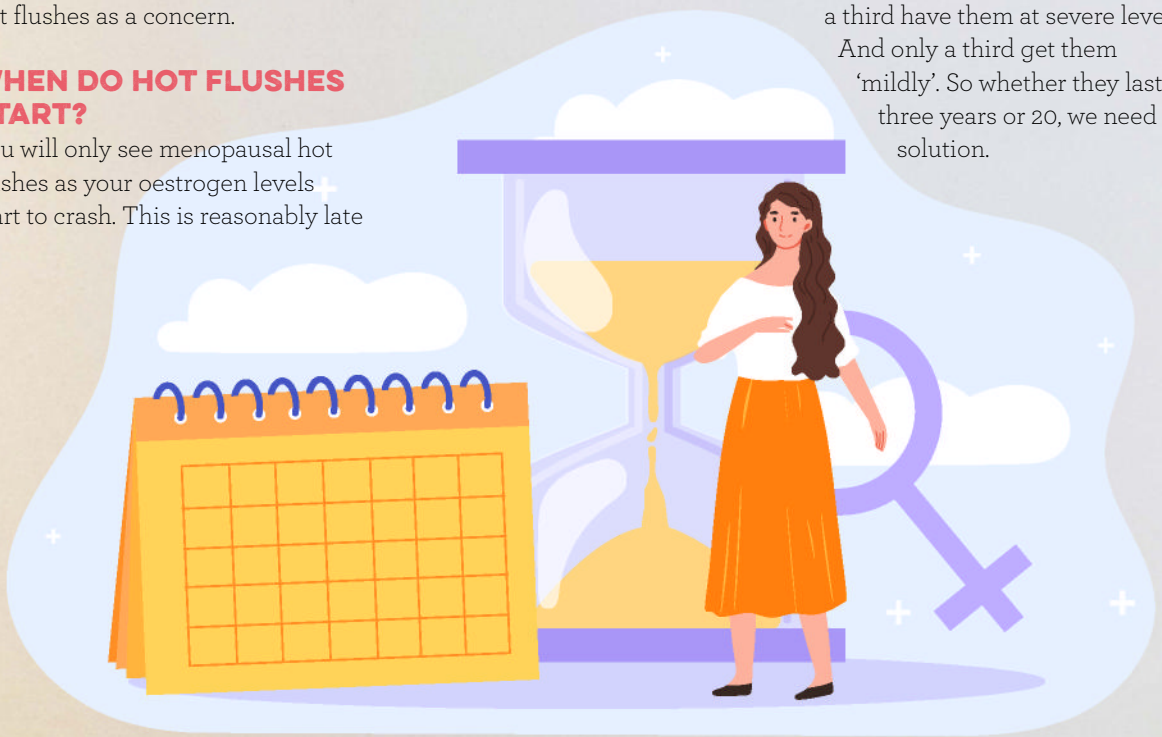
WHEN DO HOT FLUSHES START?

You will only see menopausal hot flushes as your oestrogen levels start to crash. This is reasonably late in the perimenopausal period. The first thing to dwindle is your progesterone, with low oestrogen coming reasonably late to the scene, often five or more years after the start of perimenopause.

HOW LONG WILL I HAVE HOT FLUSHES?

The news is good or bad, depending on how you view it. In most cases, time is a great healer and if you wait them out they almost always go away. The problem is, it is often a long wait. On average, hot flushes last for 7.4 years. But US researchers found that women who started getting hot flushes during perimenopause — before their final period — have hot flushes that tend to last longer. Their hot flushes last for an average of 11.8 years and they are termed the 'super flushers'. By contrast, if the flushes don't start until women are established in menopause, the flushes generally last around five to seven years. And then there are the long-term flushers. Studies from Australia and the US find that 42 per cent of women aged 60–65 still get hot flushes. According to Professor John Eden, Head of the Sydney Menopause Centre at the Royal Hospital for Women, about 20 per cent will flush for at least 15 years and a number of these women will continue to flush forever. Ouch.

Many of my patients tell me they are not bothered by their flushes and feel no need to try to fix them. That's great, but I do suspect some women say that because they're so fearful of HRT, they're worried I'll grab a prescription pad and force them into what they see as a dangerous solution. I'm no zealot for any particular therapy, but I am a zealot for your empowerment to make choices from the greatest range of beneficial options. I'm most interested in simply alleviating your symptoms. If the flushes seriously don't bother you, that's brilliant. But, given the number of home remedies submitted to *Medicine or Myth?* for hot flushes, and the amount written online, I think they bother a lot of women. Evidence is that, of the 75 per cent of us who get them, a third have them at severe levels. And only a third get them 'mildly'. So whether they last three years or 20, we need a solution.



What could I try first?

I'm going to whiz through these because you've probably already tried most of them... and I'm guessing they haven't worked adequately or you wouldn't be here.

- Dress in layers.
- Wear sleeveless tops.
- Wear natural fibres.
- Avoid jumpers — too hard to take off quickly! Cardigans are a total fashion statement.
- Carry a fan in your bag.
- Put layers on your bed so you can keep a sheet on and throw off the duvet.
- Two separate duvets is a good option if your partner is being disturbed by your night-time temperature changes.
- Have a fan and/or air conditioning in the bedroom.
- Put a cold pack under your pillow (or try a cooling pillow).
- Avoid your known triggers.

WHAT LIFESTYLE MEASURES ARE WORTH PURSUING?

LOSE WEIGHT I am so sorry to say this to you. Given that so many of us gain so much weight as we hit perimenopause, hearing that your weight can not only suck the life out of your mood and confidence but make your hot flushes worse, too, is devastating. But the jury is in. The higher your body mass index, or BMI, the more frequent and severe your hot flushes. In fact, in one study, once your BMI got over 25 (that is a whisper above normal weight), your risk of having hot flushes went up. The higher your BMI, the worse the flushing.

STOP SMOKING Lots of studies find that smokers get more hot flushes than non-smokers, especially during perimenopause — although we don't know for sure why.

HAVE A GLASS OF WINE (OR VODKA OR BEER, IF THAT'S YOUR THING) That's not a joke. Studies show that light alcohol consumption is associated with lower odds of suffering hot flushes than never drinking alcohol. This is true for perimenopause and menopause. We have absolutely no idea why this might be, although one theory that has been raised is that wine can increase your blood-glucose levels. Other studies have shown slightly higher blood-glucose levels can reduce the severity of hot flushes. Just a theory for now!

USE COOLING MATTRESSES AND PILLOWS So don't look for the studies: the info I bring you comes from the University of my Girlfriends. What I have been able to glean is this: you can buy actual mattress 'toppers' that are plush extra cushioning for comfort. It seems that some toppers are advertised as also giving good temperature control to cool down your mattress. Toppers that 'sleep cool' without altering the temperature of the bed are known as 'passive cooling toppers' and tend to be made from materials such as latex or gel-infused foam. You can also buy 'active cooling toppers', which actually create colder sleep surfaces by using built-in components, such as fans or water tanks. Ditto, pillows for women who have partners who don't want to be cooled down at night.

PHOTOGRAPHY GETTY IMAGES

TRY MIND-BASED THERAPIES Don't knock it: these can work if you can get past your scepticism. Very small randomised, double-blind, controlled trials have shown that a cognitive behavioural therapy (CBT) based treatment combined with relaxation and sleep strategies and learning to take a more positive, healthy approach to menopause's many challenges are all winning strategies. Back in 2019, when the first edition of *The M Word* was written, the North American Menopause Society recommended other mind-based approaches too, including yoga, acupuncture and deep-breathing exercises. In 2023, after a ton of studies found no benefit from these therapies, they reversed course, removing their recommendation, and said more studies are needed.

DO HOT FLUSHES SAY ANYTHING ABOUT MY GENERAL HEALTH?

More than just a terrible inconvenience, we think having hot flushes puts you at higher risk of heart disease. A prospective forward-looking study of 11,725 women who enrolled in a trial and were then followed for 14 years found that women who had frequent hot flushes or night sweats had twice the rate of coronary heart disease as women who had no hot flushes. Hot flushes have also been associated with certain cardiovascular risk factors. For example, women with hot flushes seem to have higher levels of LDL (bad) cholesterol, triglycerides and blood inflammatory markers. Plus they are more likely to have diabetes, insulin resistance and high blood pressure. As yet we don't know what lies behind this link.

So if you have been particularly troubled by hot flushes, go to your GP for a blood-pressure check, a cholesterol test and make sure your BMI is at a healthy level — independent of what you do about your hot flushes.

Professor Nicholas Panay, President of the International Menopause Society, says menopause is a good opportunity to check in with a healthcare professional anyway and check up on your general health. From having standard checks such as bowel-cancer screening, mammogram and cervical screening to blood pressure, blood-glucose and cholesterol checks, it's a good idea whether you have hot flushes or not.

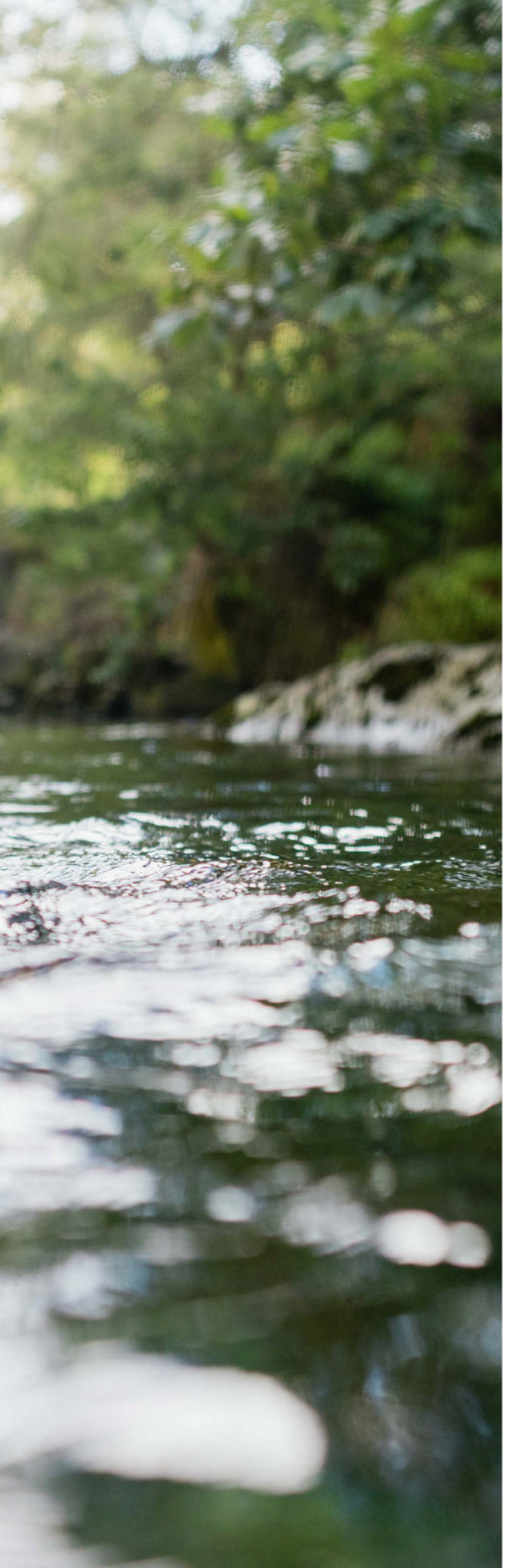
I'VE TRIED EVERYTHING AND I'M STILL FLUSHING! HELP!

I do need to check you out to make sure we're not missing a medical problem like thyroid disease or heart disease. Assuming that's all fine, we have a few options. Again, assuming there's no medical problem, we could increase the dose of oestrogen, switch routes (often an oral route is needed), or add in a non-hormonal medication like gabapentin or oxybutynin. I'd also want to look at your weight, because women with obesity have a lower response to HRT and worse vasomotor symptoms.

There is now a screening test available to detect the early stages of type 1 diabetes. What does this mean for the future?

TYPE 1 DIABETES

screening & prevention



Until recently, it was thought that type 1 diabetes develops around the time that someone starts having symptoms. However, it is now known that the development of type 1 diabetes can begin months or even years before diagnosis usually occurs. DL Magazine dietitian and diabetes educator, Dr Kate Marsh, explains more about screening and early detection and what this means for the diagnosis and management of type 1 diabetes in the future.

WHAT IS TYPE 1 DIABETES?

Type 1 diabetes, or T1D for short, is an autoimmune condition which occurs when the body's immune system destroys the insulin-producing cells in the pancreas, called beta cells. People with type 1 diabetes need to replace the insulin their body no longer produces via regular injections or an insulin pump. They also need to balance insulin doses with food, activity and other factors to keep their blood glucose levels within the target range and prevent them from rising too high or dropping too low.

In March 2024, there were almost 138,000 Australians living with type 1 diabetes, making up around 10% of all cases of diabetes in Australia. While type 1 diabetes is often diagnosed in children and young adults, it can develop at any age.

TYPE 1 SCREENING

In Australia, screening for family members of those with T1D is available through Type1Screen, a not-for-profit organisation led by researchers at the Royal Melbourne Hospital.

To be eligible you need to be:

- **Aged 2 years or older, and**
- **Live in Australia, and**
- **Have a relative diagnosed with T1D, or have previously had a positive antibody test**

To take part, you or your child will need to have a blood test at your local pathology collection centre or using a finger prick test kit sent to your home.

To find out more visit type1screen.org/whats-involved/

PREVENTION STUDIES IN AUSTRALIA

At the time of writing (mid-2024), several studies are underway, including the following:

The Australasian Type 1 Diabetes Immunotherapy Collaborative (ATIC) are conducting a study called T1D RELAY which is investigating whether the combination of two drugs (rituximab-pvvr and abatacept) is more effective than rituximab alone for protecting beta cells. Both medications have been shown on their own to allow people with newly diagnosed T1D to continue producing their own insulin for longer after diagnosis. To be eligible, you need to be aged 18-45 years and within 3 months of diagnosis with T1D.

The ATIC are also investigating whether a medication called antithymocyte globulin (ATG), which is commonly used to prevent rejection of organ transplants, can delay or prevent progression from stage 2 to stage 3 T1D. To be eligible for the STOP-T1D trial you need to be aged between 18-35 years and have stage 2 T1D.

While now closed for recruitment, the ATIC are currently running a clinical trial investigating abatacept combined with nasal insulin in recently diagnosed children/young people (age 6-21 years) to see whether the combination of therapies help to preserve beta cell function and delay the need for insulin injections in those who are newly diagnosed.

Researchers from The Children's Hospital at Westmead (NSW) are investigating the potential of cord blood to prevent or delay the onset of T1D in children at high risk of developing the condition. Eligible participants are children with stored cord blood or parents expecting a child and planning cord blood storage who have a first or second-degree relative with T1D.

FOR FURTHER DETAILS ON THESE STUDIES, VISIT

trialnet.org/our-research/prevention-studies/
atic.svi.edu.au/clinical-trials/
jdrf.org.au/clinical-trials/

STAGES OF TYPE 1 DIABETES

T1D develops when the immune system destroys the insulin-producing beta cells in the pancreas. While symptoms often develop rapidly, it is now understood that the autoimmune process begins long before symptoms develop.
Several 'stages' of T1D have been identified:

STAGE 1: Is where the development of T1D begins. At this stage, the person has multiple antibodies, but glucose levels are normal and there are no symptoms.

STAGE 2: Is where blood glucose levels start to rise. At this stage, the person still has multiple antibodies, but blood glucose levels are now in the pre-diabetes range, although they still don't have any symptoms.

STAGE 3: Is where blood glucose levels now meet the standard criteria for diagnosis of diabetes. At this stage, the person also has symptoms of high blood glucose levels.

STAGE 4: Is the long-term management of T1D, including the management of diabetes-related complications if they develop.

SCREENING

Until recently, screening for T1D in people without symptoms hasn't been recommended, as there wasn't anything that you could do if you were found to have early stage T1D. But that's changing rapidly. Several research screening programs are now available, including in Australia, which are investigating different interventions to reduce the progression of stage 2 to stage 3 T1D. And one drug which has been shown in research to reduce progression is now available as a clinical treatment in the US.

"Screening and early detection of T1D can also virtually eliminate the risk of developing a life-threatening complication at diagnosis with stage 3 T1D, called diabetic ketoacidosis (DKA)", says Dr Kirstine Bell, Principal Research

Fellow of the Australian Type 1 Diabetes National Screening Pilot.

"At least one in three Australian children currently develop DKA at diagnosis, and this is linked with serious immediate and lifelong health complications" she adds. DKA can develop when someone has little or no insulin and high blood glucose levels, leading to a build-up of ketones in the blood. It requires urgent medical treatment and can be fatal if not treated promptly.

In their 2024 standards of care, the American Diabetes Association recommend:

- Screening for early stage T1D (before symptoms develop) may be performed using screening tests that detect T1D-related autoantibodies
- Testing for abnormal blood glucose levels in those with multiple confirmed autoantibodies, to assess the short-term risk of progressing to stage 3 T1D
- When multiple islet autoantibodies are identified, consider referral to a specialised center for further evaluation and/or consideration of a clinical trial or approved therapy to potentially delay development of clinical diabetes.

In Australia, individuals aged over 2 years who have a relative diagnosed with T1D can take part in a national screening research program called Type1Sceen (type1screen.org/about/). People who are found to test positive are monitored closely and, if they develop T1D, will be started on insulin early to avoid serious illness. Type1Screen also offers opportunities to participate in clinical trials and other research aimed at prevention of T1D.

"Given 90% of people who develop T1D don't have a family history, there is a strong interest internationally for routine T1D screening in all children", says Dr Bell. "Italy has recently passed a law to make screening for T1D and coeliac disease (another autoimmune condition) routinely available as a public health program. In Australia, research is underway to understand how best to offer screening for T1D as a new national screening program. The Type 1 Diabetes National Screening Program has registered over 6,700 children for T1D screening across Australia and results are due in late 2024".

PREVENTION

Several clinical trials have been and are still being carried out to investigate the effect of medications (called disease-modifying therapies) which interrupt the autoimmune disease process and may prevent or delay progression of T1D. These studies are mainly focusing on people with stage 2 T1D, with the aim of reducing progression to stage 3.

One of these studies found that treatment with a drug called teplizumab in people with stage 2 T1D was able to delay the development of stage 3 for at least 2 years. Teplizumab is given as an intravenous (IV) infusion once a day for 14 consecutive days. In November 2022, this drug was approved by the US Food and Drug Administration (FDA) to delay the onset of stage 3 T1D in adults and children 8 years and older who currently have stage 2 T1D. This is a major breakthrough in the history of T1D and will change how we manage the condition in the future. As teplizumab becomes more widely available, screening will become more important and widespread. However, the medication is not currently available in Australia.

A few other drugs have also been studied but not found to be as successful. Abatacept, which is approved by the FDA for other autoimmune diseases in adults and children, was found to alter subsets of immune cells and improve insulin secretion in individuals with stage 1 T1D but didn't significantly delay the progression to stage 2 or 3. Hydroxychloroquine (HCQ), already used to reduce symptoms and progression of other autoimmune diseases, such as rheumatoid arthritis and lupus, was found not to be effective at slowing disease progression.

TrialNet is currently investigating a low dose of the immunotherapy drug anti-thymocyte globulin (ATG) to see if it can delay or prevent T1D in people ages 6-34 who are at high risk of a clinical diagnosis (stage 3 T1D) within 2 years.

WHAT DOES THIS MEAN FOR THE FUTURE OF T1D DIAGNOSIS AND MANAGEMENT?

According to Dr Bell, if T1D screening and early intervention become the norm in Australia, this could mean big things for the future of T1D. "It is possible that in the future having T1D no longer means needing insulin injections or infusions at all. Instead, people may simply need a tablet or occasional infusion to keep the autoimmune condition in the very early, pre-symptomatic, stages, if not reverse it altogether.", she explains. This is still a long way off, but with population-wide screening and the first therapy available in the US, this is now a real possibility.

WORDS DR KATE MARSH PHOTOGRAPHY GETTY IMAGES

advertorial

Glucerna®

A breakfast option to help reduce blood glucose levels*^[1,2]

Good nutrition is essential for diabetes management, yet breakfast is often neglected leading to unhealthy choices or skipping breakfast entirely. This can adversely affect blood glucose levels and time in range throughout the day.

If breakfast choices seem daunting, consider incorporating Glucerna into your morning routine. Glucerna is a complete and balanced diabetes-specific nutritional supplement specifically designed for individuals with diabetes, pre-diabetes or impaired glucose tolerance.[3]

WHY GLUCERNA STANDS OUT

Glucerna is backed by 30 years of scientific research[4] and when consumed for breakfast has been clinically shown to help:

- Manage blood glucose levels from day 1*[1]
- Increase GLP-1 secretion by 280% from day 1*[1]
- Keep glucose levels within target range up to 90% of the time within 4 weeks^[2]

CATHY FREEMAN
LIVING WITH TYPE 2 DIABETES AND GOLD MEDAL OLYMPIAN

WHAT'S IN GLUCERNA?

Glucerna contains[3]:

- A slow-release low GI carbohydrate blend to help manage blood glucose levels.[5,6]
- Nutritionally complete and balanced diabetes supplement with high quality protein and 28 essential vitamins and minerals.
- 4 x Myo-inositol to support insulin sensitivity.**[7-9]
- A heart-healthy fat blend.[10]

CATHY'S CASE STUDY RESULTS

After using Glucerna for only 2 months, Cathy Freeman saw a healthy reduction in both her blood glucose level and HBA1C!

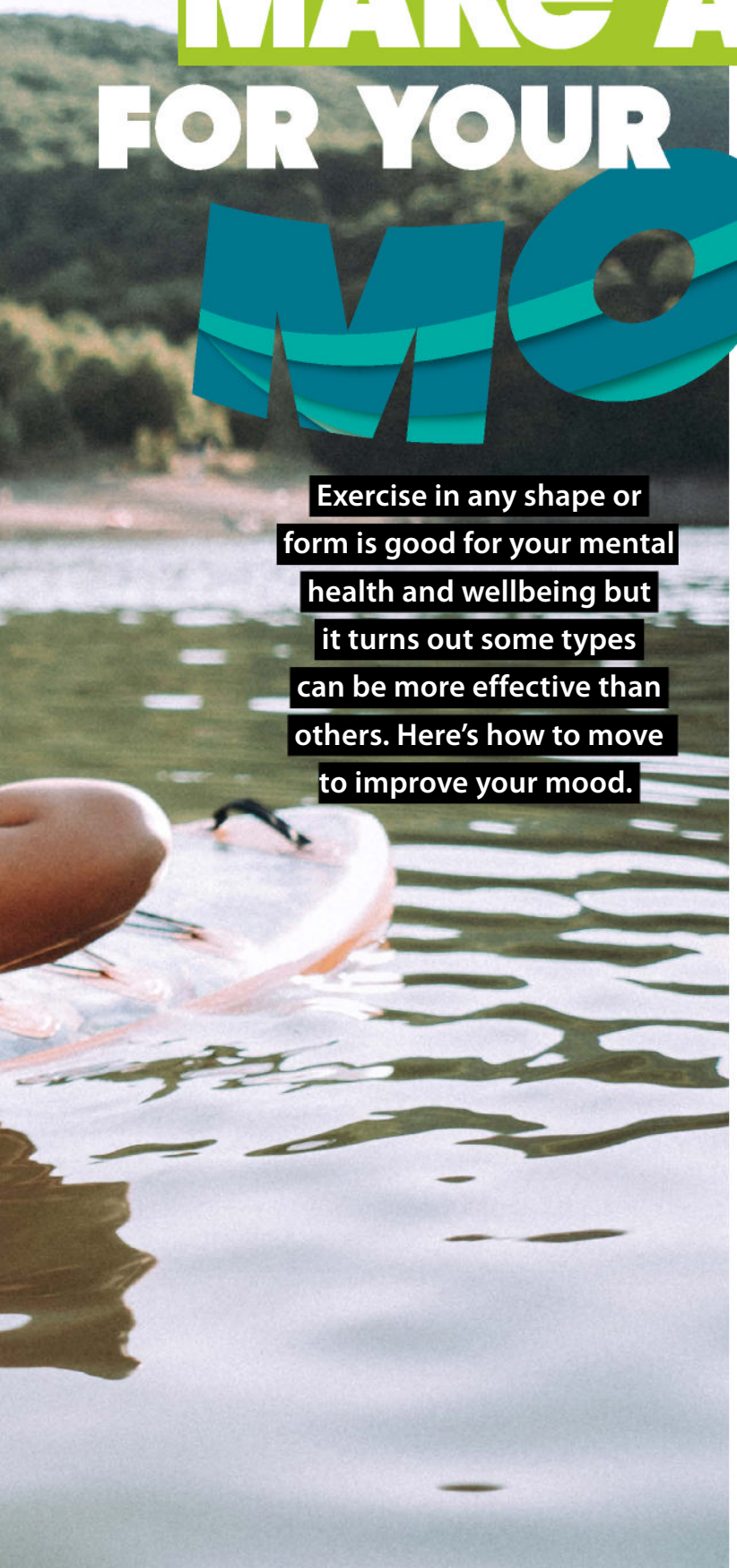
FOR MORE INFORMATION

visit www.family.abbott/au-en/glucerna/home.html

Food for Special Medical Purposes. Use under medical supervision. Glucerna is indicated for people with diabetes and/or impaired glucose tolerance as part of a diabetes management plan including diet and exercise.
*In the 180 minutes following Glucerna consumption compared to oatmeal in people with type 2 diabetes. The study utlilised a previous Glucerna formulation.
^When used as a breakfast replacement as part of lifestyle modification, blood glucose was within the target glucose range of 3.9 - 10.0mmol/L for an average of 89.5% of the time in people with diabetes. The study utlilised a previous Glucerna formulation.
**Compared to Glucerna® S434 per serving.

REFERENCES: 1. Devitt, A., et al. J Diabetes Res Clin Metab. 2012;1(1):20. 2. Peng, J., et al. Br J Nutr 2019: 121(5):560-566. 3. Glucerna Powder Product Label. 4. National Library of Medicine, PubMed 5. Glucerna Y495 GI test result. 6. Glucerna Y523 GI test result 7. Bevilacqua A, et al. Int J Endocrinol. 2018;2018:1968450. 8. Dang NT, et al. Biosci Biotechnol Biochem. 2010;74(5):1062–7. 9. Yamashita Y, et al. J Agric Food Chem. 2013;61 (20):4850–4. 10 Heart Foundation (2019) Dietary fat & Heart Healthy Eating: Position Statement. ANZ.2024.53402.GLU.1

MAKE A MOVE FOR YOUR MOOD



Exercise in any shape or form is good for your mental health and wellbeing but it turns out some types can be more effective than others. Here's how to move to improve your mood.

If you've noticed you feel more upbeat after you've done something physically active, you're not imagining it. Research has linked exercise to everything from feeling happier to reducing the risk of depression and improving symptoms of anxiety and distress.

In fact, according to a recent University of South Australia study, physical activity is actually 1½ times more effective than counselling – or the leading medications – for managing depression. As a result, the researchers behind the study say it's time to start considering exercise as a first-line approach for managing the mental health condition.

What's the link between exercise and improved mood?

While it's long been thought that it's all thanks to chemicals called endorphins that the body produces in response to exercise, more recent research suggests it's actually due to things called endocannabinoids. Levels of these molecules, which work to bring a balance between the brain and body, rise during physical activity and some experts believe it's this, rather than a surge of endorphins, that delivers feelings of calm and reduced anxiety post workout.

Plus, exercise also increases levels of mood-stabilising brain chemicals, including serotonin, dopamine and norepinephrine, and can improve sleep, too, which is something else that promotes better mental health.

SO WHAT'S 'THE BEST' TYPE OF EXERCISE TO DO?

According to the University of South Australia study, the good news is that all types of physical activity and exercise have a positive impact on mental health, whether it's walking or doing Pilates, resistance training or enjoying a yoga class. And you won't have to wait long to see results either, with the study finding that exercise interventions that were 12 weeks or shorter were the most effective at reducing mental health symptoms. The authors say this highlights the speed at which physical activity can deliver results in this space.

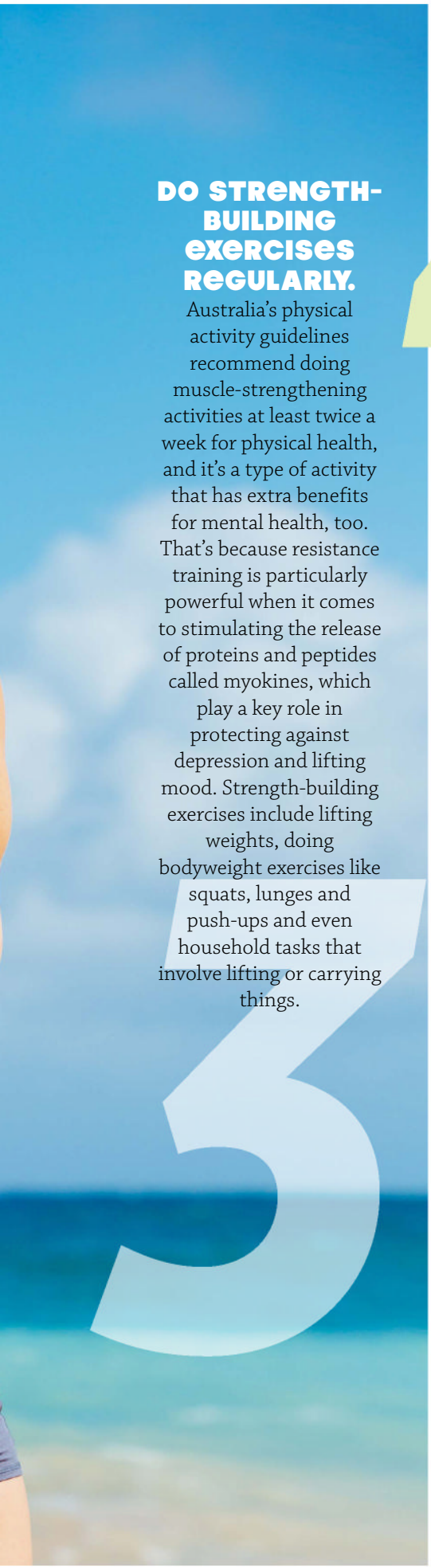
But to get the most mood-boosting bang for your exercise buck, bear this handful of tips in mind.

1 Short and mid-duration bursts of exercise are most effective.

In other words, there's no need to head out for a 10km run to enjoy the mood-improving effect of exercise, if that's not your thing. In fact, research suggests that longer exercise sessions can actually have smaller beneficial effects on mental health and wellbeing than shorter ones. And don't forget too, that more and more research is also confirming the physical health benefits of shorter bursts of daily activity. For example, a 2023 study led by researchers from the University of Sydney suggests that just 4½ minutes of vigorous activity that makes you huff and puff during daily tasks reduces the risk of some cancers by up to 32 per cent.

2 GO BIG FOR BIG RESULTS?

If you've already got symptoms, opt for higher-intensity activities. This includes 'planned exercises' like aerobics, jogging, fast cycling or playing a sport like soccer or netball. Research shows it's this type of exercise that can produce greater improvements for symptoms of depression and anxiety. Don't worry though if that's not your favourite type of activity – research also shows that simply increasing the intensity of incidental activities done during daily living can deliver similar benefits as high-intensity interval training.



3 Do strength-building exercises regularly.

Australia's physical activity guidelines recommend doing muscle-strengthening activities at least twice a week for physical health, and it's a type of activity that has extra benefits for mental health, too. That's because resistance training is particularly powerful when it comes to stimulating the release of proteins and peptides called myokines, which play a key role in protecting against depression and lifting mood. Strength-building exercises include lifting weights, doing bodyweight exercises like squats, lunges and push-ups and even household tasks that involve lifting or carrying things.

4 Include a dose of nature.

Some research suggests that going for a walk in a 'green space' improves psychological wellbeing more than going for the same length walk in a 'grey space' devoid of nature. Similarly, a 2023 study found that outdoor exercise classes seem to reduce stress more effectively than indoor ones, thanks to how being outdoors benefits psychological wellbeing all on its own. So if you can, head outdoors to exercise in a park, on a nature trail or at the beach, but even finding a tree-lined street for a walk or doing some gardening will do the trick.

5 Enlist other people for support.

This could involve anything from taking up a team sport, attending a parkrun event on a Saturday morning, taking a class or simply asking a friend to join you on your morning walk. Much like being physically active outdoors in nature is powerful because it combines two 'things' that are independently positive for mental health, the same applies to this tip. On its own, the opportunity to interact with others and flex your social skills has been shown to improve mental wellbeing, so combine that with physical activity by taking part in a group exercise session of some sort and you get to enjoy the best of both worlds.

BEFORE: AMANDA'S DAUGHTER WAS A BIG INSPIRATION TO LOOK AFTER HERSELF BETTER

A nurse who works in aged care, Amanda (56) was diagnosed with prediabetes six years ago but didn't make a commitment to her health until she joined the CSIRO Total Wellbeing Diet in 2023.

"I was really freaked out when I was diagnosed with prediabetes and a fatty liver about six years ago. I did the Liver Cleansing Diet and the weight came off for about six months, but it gradually crept back on, and I didn't repeat the blood tests. Mostly I just ignored it!

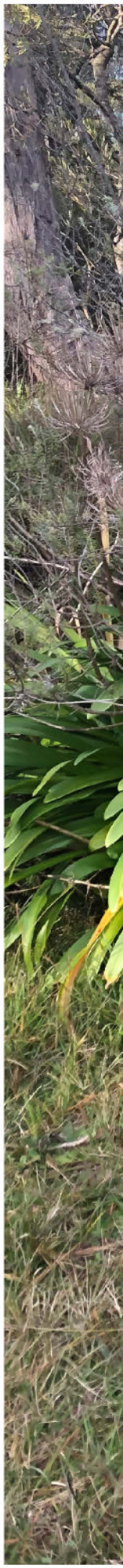
Age is just a number

Everything came together about 12 months ago. I just thought, I have to do this. I had been putting it off for a long time. There were a whole lot of things that prompted me to make a change. I do a lot of bushwalking with my daughter and I noticed I was really unfit and struggled to get up hills. I was just turning 56 and as a nurse, I mostly work in aged care. So I'm around old people all the time. Some of them, their mobility is so bad, and a lot of the time it's weight that's the issue. I looked at them and thought, I just don't want to be like that when I'm older.

A huge motivation for me is my wonderful wife and daughter. On Mother's Day last year, my 19-year-old daughter gave me a card, and she'd written that she remembered when she was little, she used to tell me that I was her best friend. I used to say, "No darling, I'm your mother!". In the card she'd said, "I don't care, you ARE my best friend!".

When I read that, I realised I have to do whatever I can to prolong my life, to be there for her. That was what really kick-started me into it. I was 37 when I had her, and my own mother died of lung cancer in her late-sixties. I want to be around for longer than that. If my daughter wants me to be her best friend, then I'd better start acting like one!

Sue, my wife, has been wonderfully supportive. That's what made it so easy. I think it would be difficult to do something like this if you didn't have that support from your family.



AFTER: AMANDA AND HER RESCUE DOG

my story

"Now, I can RUN up hills that I could hardly walk up before. It's extraordinary."

"Sue, my wife, has been wonderfully supportive. That's what made it so easy."

AMANDA HASN'T LOOKED BACK SINCE STARTING THE CSIRO TOTAL WELLBEING DIET

Shaking things up

Getting started is the hardest part. To make things easier, I joined the CSIRO Total Wellbeing Diet and started by using the Fast Start shakes. I actually loved them! I had been so chaotic with what I'd been eating, this made things so easy. I was overwhelmed at the idea of starting a whole new lifestyle and was worried about how few carbs you could have. At the beginning it was hardly any. But I just kept things really simple, and I found the shakes really filled me up. Even after the first day, I remember thinking, "This is going to work!".

Before I started on the Total Wellbeing Diet, I think a lot of the time my blood sugars were all over the place. I'd fill up on carbs and then end up starving and couldn't work out why. Given my job, you'd think I'd have known! But the shakes just removed all of that, so I had control over it.

During those first three weeks, I was having a shake for both breakfast and lunch, and then something like steak and salad or fish and salad for dinner. You are allowed to snack on fruit and this vegetable soup you could make throughout the day.

I lost a huge amount of weight in the second week. All I was doing was following the Total Wellbeing Diet and logging in the app, it was very easy. I didn't really look back after seeing those results.

Fast Start Shakes

Although the Fast Start Shakes were a great way for Amanda to kickstart her progress on the CSIRO Total Wellbeing Diet, they are not recommended for people with diabetes unless cleared with your doctor first. However, the Total Wellbeing Diet includes a diabetes-friendly meal plan for those with Type 2. If you have Type 1, it is strongly recommended that you speak with your doctor first to see if the program is right for you.

A lighter, brighter future

I lost more than 16kg over about four months. Some weeks I would lose more than others. Within the first month I noticed a big difference to my fitness and the way I felt. I started to do the exercises in the Total Wellbeing Diet app but I just didn't enjoy them. I happened to get a rescue dog very soon after starting because my daughter works at a vet. Now I just walk the dog a lot – up to an hour and a half every day - and I do yoga. And now, I can RUN up hills that I could hardly walk up before. It's extraordinary.

By the time I hit my goal weight and was in the maintenance phase, the diet didn't feel restrictive at all. In fact, the amount of carbs you're allowed to have almost feels like too much now. You definitely adjust to a new way of eating.

Almost a year after starting, I'm still following all the principles of the Total Wellbeing Diet. I used the recipes as they were for a while, and the shopping lists and so on were very helpful. After a while I realised that I could adjust what we usually cook to fit in with the plan. The good thing about the app is that I can put all the elements of a recipe that I want to make into it, and it tells me whether it fits in well with the guidelines. If a recipe isn't suitable I either delete it and find something else, or adjust it until it works. I've kind of used it in reverse but that's how it fits in with our lifestyle. Food is such a social thing and I didn't want to feel like I was missing out.

When I was first diagnosed, my fasting BGLs were 7.2 mmol/L and they are 5.9 now. That number would need to come down to 5.6 mmol/L to be back in the normal range. I have been given the option to do a course of Metformin but since I'm so close, I'll wait and see what happens when I get the results from my next blood test.

Even if I was told that I'm no longer prediabetic, I wouldn't change anything now. I just feel so well. I feel like I'm in my thirties again!

WORDS AS TOLD TO ERIN ROBERTS, IMAGES SUPPLIED

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that R=2, P=18, and T=22. You can record each letter as you work it out in the letter checker at the bottom of the grid.

21	12	5	19	■	■	2	26	3	3	■	■	2	5	25	16	23	20	21	22	21
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14	15	16	17	18 P	19	20	21	22 T	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

1 Agreeable, jovial (8)
6 Dobber (10)
13 --- Els, South African golfing professional (5)
14 Ready for action, good to go (3,2,4)
15 Mountain crest (5)
16 Track shoes, sneakers (7)
18 Adlib, without rehearsal (9)
19 Storm centre (3)
20 Hair net (5)
22 Call on (5)
24 Small drink (3)
26 Silent Marx brother (5)
28 Pay, use (6)
29 Exact replicas (6)
31 Toughens or tempers, as with glass (7)
32 Extraordinarily great (10)
34 List of acts, songs, etc, with which an artist is familiar (10)
37 Water reservoir (7)
38 Excitement, razzle-dazzle (coll.) (6)
39 Cave, cavern (6)
41 *Green* ---, Eva Gabor and Eddie Albert TV show (5)
42 Light brown (3)
43 Desk, eg (5)
45 Parent's brother (5)
46 Fish part (3)
48 Imagined (9)
51 Australian anteater (7)
53 Mountain where Moses received the law (5)
54 Remove a stench (9)
55 Mandy ---, singer and actress (5)
56 Loosely made, rickety (10)
57 Positioned, located (8)

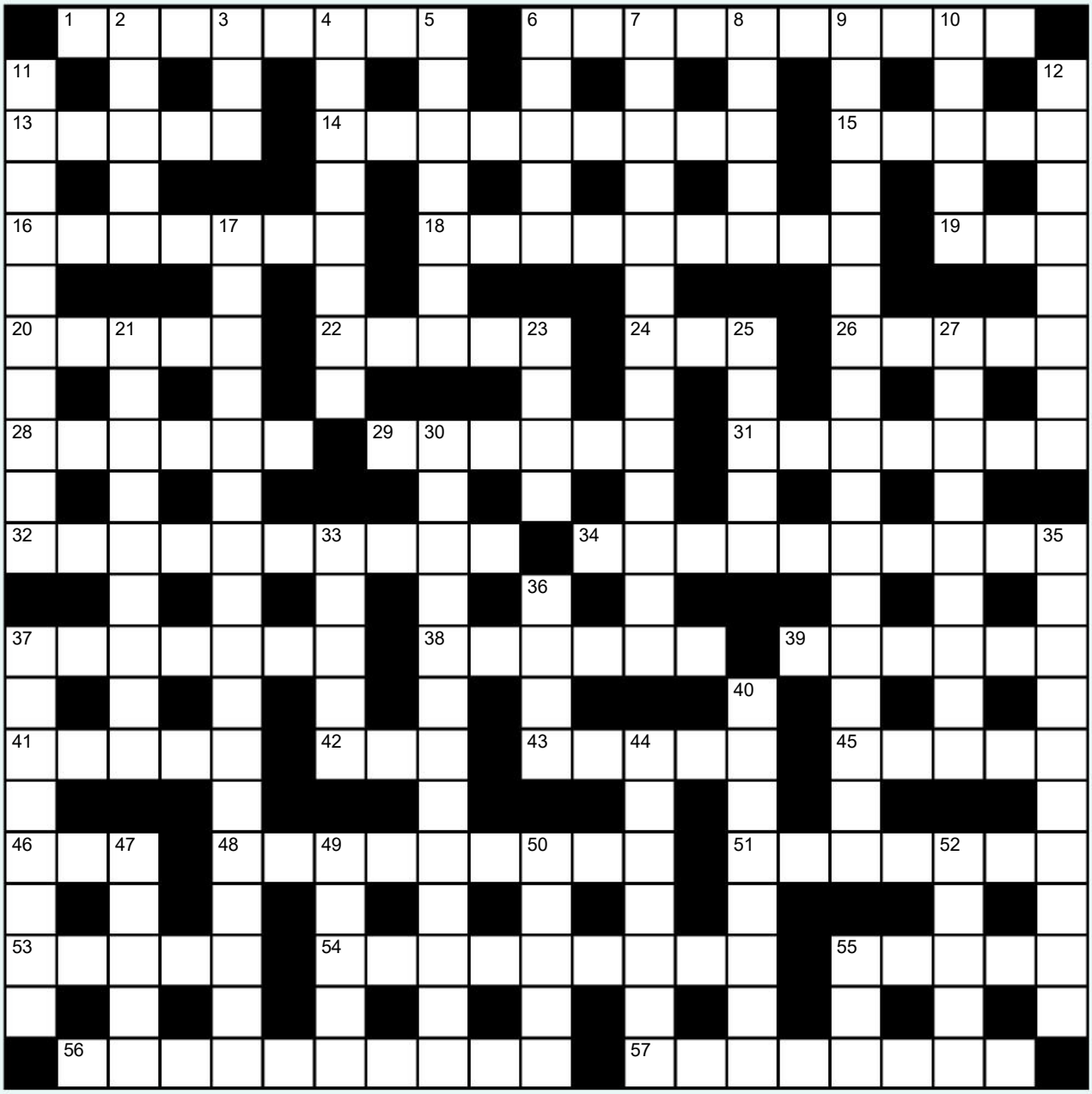
DOWN

2 Tablecloths, napkins, sheets, etc (5)
3 Exist (3)
4 Like glue (8)
5 Delicate bits of food (7)
6 Scout unit (5)
7 Domestic cat with mottled fur (13)
8 Ease (3-2)
9 In all respects, thoroughly (7,3,7)
10 Soup serving utensil (5)
11 Hindsight (10)
12 Unselfishly giving (8)
17 Animals who are under threat from extinction (10,7)
21 Tyrant (9)
23 --- Daly, Cagney & Lacey star (4)
25 Stage of development (5)
27 Lifelike (9)
30 Object of ridicule (8-5)
33 Kirsten ---, actress (5)
35 Absolved from blame (10)
36 Water craft (4)
37 Freshwater crustacean (8)
40 Deeply respectful (8)
44 Film villains (7)
47 Japanese assassin (5)
49 Russian alcohol (5)
50 Small stand of trees (5)
52 Male bee (5)
55 Extinct New Zealand bird (3)

	9	8		3				
7					9	5		
					1	3		8
2	4	3					5	
			5		2			
	5					1	6	2
4		9	2					
		5	9					3
				6		7	8	

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

Code Cracker

S	H	O	W		R	U	F	F		R	O	Y	A	L	I	S	T	S
U		I			I		U			I	O		M					L
R		D	I	S	C	O	U	N	T	E	D		G		P			U
F	L	O	G		O		G		D	R	I	Z	Z	L	I	N	G	
U		E	P	I	C		T	I	C		L		I		I		U	
S		O		H	U	H		U	S	E	F	U	L		E		D	
R	H	I	N	O		E		A	F	R	O		A	C	A	D	R	E	S
U		L		P	O	T	A	T	O		F	U	R	P	H	Y		O		I
G	E	L	A	T	O		X		A	J	A	R		U		E	W	E	R	S
V		V		M	U	S	L	I		G	U	M			H			O		
I		O		P		I		B	Y	E		P	U	M	A		L			
B	L	O	C	K	H	E	A	D		O		K			T	O	L	D		
O		A		V		L	O	G	U	A	C	I	O	U	S			O		
D		D		E		E		N			N			I				C		
E	M	P	O	W	E	R	E	D		G	O	S	S		T	O	O	K		

1 V	2 R	3 F	4 Q	5 O	6 N	7 B	8 X	9 G	10 D	11 J	12 H	13 M
14 E	15 Z	16 A	17 K	18 P	19 W	20 I	21 S	22 T	23 L	24 C	25 Y	26 U

Crossword

Across: 1 Pleasant, **6** Tattletale, **13** Ernie, **14** Hot To Trot, **15** Ridge, **16** Runners, **18** Impromptu, **19** Eye, **20** Snood, **22** Visit, **24** Sip, **26** Harpo, **28** Expend, **29** Clones, **31** Anneals, **32** Tremendous, **34** Repertoire, **37** Cistern, **38** Hoopla, **39** Grotto, **41** Acres, **42** Tan, **43** Table, **45** Uncle, **46** Fin, **48** Envisaged, **51** Echidna, **53** Sinai, **54** Deodorise, **55** Moore, **56** Ramshackle, **57** Situated.

Down: 2 Linen, **3** Are, **4** Adhesive, **5** Titbits, **6** Troop, **7** Tortoiseshell, **8** Let-Up, **9** Through And Through, **10** Ladle, **11** Retrospect, **12** Generous, **17** Endangered Species, **21** Oppressor, **23** Tyne, **25** Phase, **27** Realistic, **30** Laughing-Stock, **33** Burst, **35** Exonerated, **36** Boat, **37** Crayfish, **40** Reverent, **44** Baddies, **47** Ninja, **49** Vodka, **50** Grove, **52** Drone, **55** Moa.

Sudoku

5	9	8	6	3	4	2	7	1
7	3	1	8	2	9	5	4	6
6	2	4	7	5	1	3	9	8
2	4	3	1	9	6	8	5	7
1	8	6	5	7	2	9	3	4
9	5	7	3	4	8	1	6	2
4	7	9	2	8	3	6	1	5
8	6	5	9	1	7	4	2	3
3	1	2	4	6	5	7	8	9

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Alix

Alix Davis, Editor

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85 Banana, raspberry and peach white chocolate skewers
50 Broad bean and feta cheese toasts
70 Cauliflower and potato bake
33 Corn fritters
50 Creamy chicken with asparagus and tarragon
77 Fig and walnut roll
72 Greens with toasted almonds and parsley
51 Healthy salad nicoise
52 Herbed lamb cutlets with roasted vegetables
38 Herby salad with yoghurt and rose dressing
85 Mango, coconut and pistachio salad
76 Marinated goat's cheese
52 Mushroom, walnut and tomato baked capsicums
76 No-cook spiced apple chutney
36 Pizza salad flatbreads
62 Pork, apple and sage roll
85 Tuna and corn wrap
64 Turkey filo dippers
85 Strawberry and cinnamon apple toast

MAINS

58 Baked sweet potato with smoky beans
33 Chicken nuggets
60 Chicken satay noodles
58 Chilli, cheese and garlic mushroom omelette
60 Coconut and ginger fish parcels
64 Crispy filo tart with seasonal veg
23 Fajita rice bowls
30 Fish tacos
26 Gingered beef and broccoli salad
62 Herby chicken pot pie
18 Mexican chicken bowl with burnt lime
25 Pesto salmon and vegetables
70 Pork with cherry and pistachio stuffing
27 Prawn and quinoa salad
16 Roasted red capsicum soup with crispy croutons
38 Roasted zucchini flatbreads with fennel seeds
42 Smoky tofu tortillas
20 Speedy lentil coconut curry
36 Spiced lamb flatbreads
18 Super green pasta
18 Thai curry noodle soup
24 Turkey shepherd's pie
44 Tofu and asparagus pad thai
42 Tofu escalopes

DESSERTS & DRINKS

53 Cider mimosa
54 Cucumber and jalapeno margarita
54 Peach, tea and bourbon slushie
70 Sangria
72 Spiced Christmas pavlovas
53 Tequila and kombucha cooler

KEY Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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